



My Gateway to Overcoming Autism in Life Inc.

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CONNECTIONS

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Bowled Over! MyGoal's 2010 Bowl-a-thon Was a Success Because of You!

This year's Bowl-a-thon, on April 25th, 2010, exceeded all expectations and was a resounding success, thanks to the outpouring of support from our sponsors, volunteers, participants, and the community. Stelton Lanes in Piscataway, New Jersey, hosted over 200 people in its alley, where 80% of the attendees were there to bowl and did so to their hearts' content! The event brought people together from many different walks of life for an important cause—raising autism awareness. Each had a different reason for being there. Daniel Devello, a bowler, shared his reason for coming to the event: "We are here to support the autism cause because we have a son with autism who is older and this is important for us." A provider of transportation for autistic children, Frances Fleeton, voiced her support for organizations like MyGoal. "It is the unconditional love given by these children that brings me to events like this. The supportive therapies that the children get is vital to

their development and truly transforms them. Organizations [like MyGoal] help make such dramatic transformations possible."

The event brought not only families affected by autism, but also community physicians who expressed their support for MyGoal's mission. Drs. Bukhari, Desai, Elshinawy, and Porcelli all hailed MyGoal's commitment to underserved families and its

support for the family structure in facing the daily challenges of autism. For therapists Lauren Handleman and Mark Corallo, the Bowl-a-thon was a fun-filled occasion to bring the children they



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Member Spotlight: Meet the Delapaz Family

"When I met MyGoal, they were the only group genuinely offering to help, not just another service for sale."

Dante Delapaz was diagnosed on the Autism Spectrum in 2008, when he was nearly three (3) years old. While coming to terms with their eldest child's condition, the Delapaz family searched for access to reliable information to help improve Dante's

development. May Delapaz, Dante's mother and a full-time trauma nurse, met MyGoal's Executive Director, Genevieve Kumapley, and President, Pastor Loraine Priestly-Smith, at a health fair in 2009. What she remembers from that chance encounter is being welcomed with open arms by

two people who shared her journey and offered help with a personal, non-judgmental approach. There, she learned about the MyGoal support group sessions, held free of charge, at Saint Peter's University Hospital on the 2nd Sunday of every month. At

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Preserving the Family Unit in the Face of Autism



Family is often thought of as the “backbone” that provides structure, purpose, and balance to individual lives. When life presents adversities, such as a child diagnosed with a developmental disability, the essence of the family

unit undergoes considerable strain with questions of why and what now in the struggle to cope with an unknown future. A common statistic floated around families with autism is a high divorce rate of 80%. However, a recent study presented in May 2010

by the Kennedy Krieger Institute, credits families with autistic children with more resiliency than previously noted and suggests that relationships may not necessarily succumb to divorce simply from a diagnosis of autism. The

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MyGoal Honors Dedicated Professionals

MyGoal seeks your input to recognize professionals who dedicate their hearts and minds to helping families with autism. Whether it be a “Special Education” teacher, a paraprofessional, or a practitioner who provides speech, physical, or occupational therapy, MyGoal would like to acknowledge the outstanding service of those

who help improve the lives of autistic individuals. The applications to nominate a professional for this recognition are available at <http://www.mygoalautism.org> If you know of anyone who should merit this award, please take a moment and fill out this nomination form. Completed nominations should be forwarded by

September 30, 2010 to MyGoal, Inc.

*Attn: Scholarship Committee
P.O. Box 531,
Monmouth Junction,
NJ 08852*

Honorees will be acknowledged at MyGoal’s Gala Event in October 2010.

“MyGoal’s support group sessions are like mini-seminars, full of valuable, practical information, and are a great resource for parents.”

Meet the Delapaz Family

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the first group meeting, May braced herself for an emotional session of shared struggles, but was pleasantly surprised to find that the meetings offered cutting edge information on various autism treatment options, such as nutrition, occupational

therapy, and advocacy for school services, in addition to offering a forum for discussing personal experiences. Since then, the Delapaz family has regularly attended the monthly gathering. Now, at age five (5), Dante is improving his verbal and

other developmental skills. May and her family are thankful to MyGoal for providing families with access to much needed resources. They, in turn, give back to the organization through their involvement in various MyGoal programs. *(See Bowl-a-thon sponsor list & highlights.)*



Mother’s Day Outing

MyGoal celebrated Mother’s Day on May 14 by treating six (6) moms to a day of relaxation and rejuvenation at Sahana Spa in Montclair, New Jersey. Pastor Loraine Priestley-Smith, Nilsa

Ramirez-Cavill, May Delapaz, Patty Mcgarrell, Barbie Zimmerman-Bier and Genevieve Kumapley received services at the spa. Food was generously donated by Gencarelli’s Cucina at 381

Bloomfield Ave, Montclair, New Jersey. The time spent there helped all the moms unwind and rest before returning to their individual responsibilities as professionals, wives, and caring mothers.

Special Thanks to Our Bowl-a-Thon Sponsors

- Advanced Wealth Solutions
- Affinity Federal Credit Union
- Agape House of Worship, Roselle, NJ
- Capital Street, LLC
- Creative Communicators
- Design Transformations
- Amar Bukhari, MD *[Top fundraiser]*
- Gambinos
- Hair Plus, Hillsborough, NJ
- Marvin and Shirley Bier Charitable Fund
- May Delapaz *[Top fundraiser]*
- McDonald's – Piscataway, NJ
- Nancy Nanguang *[Top fundraiser]*
- New Jersey 101.5 FM
- Progressive Nutrition Solutions
- ShopRite, Hillsborough, NJ
- Sodexo
- Stelton Lanes
- Tumasang Awundaga and Associates, Certified Public Accountants
- YMCA, South Brunswick, NJ



MyGoal Announces its Family Grant Program

Keeping with its mission of helping underserved families affected by autism, MyGoal is proud to offer its 2010 grant program towards medical, nutritional treatments or personal needs of individuals affected by the autism spectrum. The grant is specifically meant for families with economic need to be used for the benefit of an autistic individual for an

approach that may not be otherwise covered by alternate funding resources. The 2010 MyGoal Family Grant applications are available on MyGoal's website at www.mygoalautism.org. Families interested in applying for this grant award may download the application form online and provide the required elements. Completed applications should be mailed by **July 31, 2010**

to:
MyGoal, Inc.
Attn: Grant Committee
P.O.Box 531,
Monmouth Junction,
NJ 08852



Spreading the Word...

MyGoal is dedicated to bring visibility to the cause of autism awareness. To fulfill this mission, MyGoal has participated in several community/media events in 2010.

- January 31 Panelist, Health Fair Awareness, Ghanaian Community, Irvington, NJ
- February 11 Autism Awareness, East Brunswick Jewish Community Center, NJ
- April 6,15,22 Live Appearances on HARVEST Radio 1070 AM
- April 14 Biomedical Approaches in Autism, [words] Bookstore, Piscataway, NJ
- April 15 Publication of "Pay it Forward:" Article on Autism's Impact on Families and MyGoal's Mission—published in Ghanaian newspaper *Amanda*
- April 18 Autism Awareness, Agape House of Worship, Roselle, NJ
- April 20 Publication of MyGoal's Bowl-a-thon Event in *Home News Tribune*
- May 16 Special Needs Resource Fair, Princeton Library, Princeton, NJ

Bowl-A-Thon Highlights

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work with and celebrate a worthy cause. Others found the get-together inspiring and felt that their contributions helped restore families in need. Together, the sponsors and donors helped raise \$12,000, surpassing the totals

from last year's Bowl-a-thon! One of the top fundraisers was the Delapaz family, collecting \$1,400 to further MyGoal's good works. The event could not have been so successful without the help of MyGoal volunteers.

Mary Ampadu summed it up best, "to volunteer means to devote your time and I loved every minute of it!"

MYGOAL, INC.

For Additional Information or To Make

Donations, Please Contact:

MyGoal Autism Organization

P.O. Box 531

Monmouth Junction, NJ 08852

Phone: 877-88-MYGOAL (69462)

Website: www.mygoalautism.org

E-mail: genevieve@mygoalautism.org

MyGoal Inc.® Exists to Support Families Facing Autism

We do this through education, marriage counseling, and advocacy as they navigate through the complex challenges associated with the journey of autism – from diagnosis to recovery or a better quality of life. We are a 501(c)(3) non-profit organization with a vision to restore lives and families affected by Autism through Education and Empowerment.

MyGoal Inc.® is a gateway to information regarding:

- ♦ Prevention
- ♦ Treatment(s)
- ♦ Advocacy
- ♦ Support services for families

We are on the Web!

Visit us at

<http://www.mygoalautism.org>



My Gateway to Overcoming Autism in Life Inc.

Upcoming Events

MyGoal Invites You to Participate in Our Future Events to Learn More About the Organization

June 19 2PM	MyGoal Dance Benefit Concert Reformed Church, Highland Park, NJ
July 11 3-5 PM	MyGoal Support Group (Saint Peter's University Hospital, New Brunswick, NJ)

BOARD OF DIRECTORS

Genevieve Kumapley,
PharmD, Executive Director

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BCaBA

Preserving the Family Unit

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Kennedy Krieger Institute is an internationally known organization that provides clinical programs for developmentally disabled children. This new information, while calling into question the 80% divorce rate statistic, reinforces the importance of supportive services to help overcome stressors that might place undue pressure on families with autistic children. Researchers from the Institute analyzed data from the National

Survey of Children's Health in 2007 that looked at approximately 78,000 children, ranging from three (3) to 17 years in age. The study suggests that the destabilization of a family unit is influenced by various factors, and not solely based on a diagnosis of autism. The research highlights the need for training tools for parents to better equip themselves to anticipate stressors and to seek timely professional counseling when the burden of challenges seem daunting. For more information about this

study, visit the [Kennedy Krieger Institute's website](#). One of MyGoal's core missions is the preservation of family by offering support groups and marriage counseling sessions. For more information regarding MyGoal's support groups, visit our website www.mygoalautism.org.

"This new research provides a positive message that families can and do remain intact after a diagnosis of autism, despite the stressors."