



*Love Serving Autism is a 501(c)(3) nonprofit organization that provides specialized tennis instruction and fundraising for individuals with Autism Spectrum Disorders*

# Summer Newsletter

August 2017

## WELCOME!

LSA is pleased to share a monthly newsletter with you to keep you up-to-date on our programs and latest autism news and research.

**WHO ARE WE?** Love Serving Autism is a 501(c)(3) nonprofit organization that provides specialized tennis instruction and fundraising for individuals with Autism Spectrum Disorders. The vision of this program is to better serve individuals with autism spectrum disorders and developmental disabilities to promote self-love and functional independence within the community. We were founded in August 2016 and began our first program for the children in January of this year.



Tennis is a great way to provide youth with physical, social, and mental developmental tools. It enhances cognitive skills and helps build self-esteem. It also builds self-esteem through peer interaction and socialization as well as develops language skills. See page 2 for more info!

## IN THE NEWS

### Tennis as a Therapeutic Tool for Children with Autism Spectrum Disorders

Our very own founder and CEO, Lisa Pugliese, published an article on the widespread benefits that playing tennis has on children with Autism Spectrum Disorders. Tennis helps to develop fine and gross motor skills through repetitive learning opportunities that transfer into daily activity skills. These skills for example, can then help decrease stereotypical behaviors like hand flapping or rocking. Tennis also enhances social skills via direct verbal exchange with the volunteers or through communication technology that the program offers. The full article may be found at <http://differentbrains.com/tennis-therapeutic-tool-children-autism-spectrum-disorders/>.



## MEET THE BOARD OF DIRECTORS

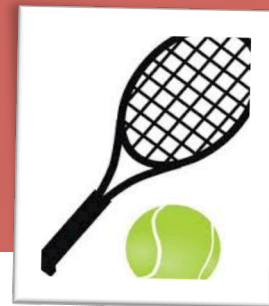
**Lisa Pugliese**, *Founder and CEO*

**Chase Moore**, *President*

**Diane Woodyshek**, *Vice President*

**Laura VanHandel**, *Secretary*

**Olga Concha**, *Treasurer*



## Become a Volunteer Today!

The program volunteers not only help motivate the students to build positive relationships with their peers, but also gain an invaluable experience. Your knowledge and awareness of children with Autism Spectrum Disorders can greatly benefit the community and be very self-rewarding. Visit website to sign up today, <https://loveservingautism.org/services/>

# Autism and Essential Oils

By: Arthur Tassinello

Taking care of a child with autism brings a wide array of challenges, as well as special gifts. I believe the biggest challenge is to understand what your child goes through and experiences and to be able to support them in a natural and holistic way so they and you can cope with these stressors.

A natural and holistic approach can be the use of essential oils as a means of bringing some calm to your child and into your life so you may experience more joy and happiness and less stress. Essential oils are naturally occurring, volatile aromatic compounds found in the seeds, bark, stems, roots, flowers, and other parts of plants. They can be both beautifully and powerfully fragrant giving plants their distinctive smells. These essential oils protect plants and play a role in plant pollination. Most essential oils are extracted from a plant through steam distillation, except for citrus plants, which use cold pressing to extract the essence from the rind.

Their uses range from aromatherapy, to household cleaning products, personal beauty care and natural medicinal treatments. Their benefits come from their antioxidant, antimicrobial and anti-inflammatory properties and act as a natural treatment without any side effects. Many of the oils produced by doTERRA can be used aromatically, topically and internally. All doTERRA oils are Certified Pure Therapeutic Grade.

Did you know essential oils could be beneficial for children on the autism spectrum and ADHD? Essential oils can penetrate the skin and cross the brain-blood barrier to reach the amygdala and other limbic parts of the brain that control our mood and emotions.

Listed below are a few general benefits essential oils can offer:

- Support healthy body functions and help boost the immune system.
- Relieve discomfort and sore muscles after exercising.
- Soothe the digestive system. Peppermint and DigestZen are known to support the healthy function of your stomach and digestive organs.
- Enhance a massage.
- Boost your ability to focus and concentrate.
- Help you relax and reduce your stress levels.
- Can alleviate insomnia and help you sleep better.
- Provide safer, non-toxic ways to clean and purify both home and work spaces.

Some specific essential oils that have proven to balance brain waves are vetiver. While lavender oil has been shown to calm the body and frankincense supports neurological development.

For full article go to [www.mydoterra.com/arthurjames](http://www.mydoterra.com/arthurjames) or contact Arthur at (561) 907-7794 for more information.



## Other Natural Treatments

These can include the inclusion or avoidance of certain foods. Here is a short suggested list of both.

### INCLUDE

Additive Free/Unprocessed  
Bone broth  
Poultry  
Probiotics  
Fish

### AVOID

Gluten  
Cows Dairy  
Sugar  
Food coloring  
Soy

Additional natural treatments to consider are:

- Hyperbaric Oxygen Therapy
- Chelation Detox
- Zinc
- Vitamin D
- Glutathione
- L-Glutamine

**Previous studies** have shown that specific essential oils may improve children's cognitive function, and some oils performed this task better than others. Perhaps the most famous is Dr. Terry Friedmann's two-year case study, which looked at children diagnosed with ADD/ADHD. Friedmann found that regular inhalation of vetiver oil for 30 days improved brain wave patterns, scholastic performance, and behavior patterns in all subjects. Cedarwood oil demonstrated improvement for 80% of subjects, and lavender showed improvement for only 5%. However, lavender may be a better fit for ASD. Several of the parents OSU talked to confirmed that lavender oil was able to relax their child prior to bedtime.

# Current and Upcoming Tennis Programs

- **The Access Point Project** in West Palm Beach
  - Start date: June 2017
- **Els for Autism** in Jupiter
  - Start date: September 13<sup>th</sup>, 2017
- **Palm Beach School for Autism** in Lake Worth
  - Start date: September 12<sup>th</sup>, 2017
- **Boca Raton Patch Reef Park** in Boca Raton
  - Start date: September 9, 2017
- **Palm Beach Gardens** in Palm Beach Gardens
  - Start date: September 16, 2017
- **Atlantis Academy- Palm Beaches** in W. Palm Beach
  - Start date: Fall 2017 TBA



## LIKE US ON **FACEBOOK**

Please visit our website for more information, registration, donations, volunteer and sponsorship information!

### CONTACT INFORMATION:

Website: [www.loveservingautism.org](http://www.loveservingautism.org)

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Phone: 561-331-1903

Love Serving Autism's first FUNDRAISER was held on July 27<sup>th</sup> at Spoto's Oyster Bar!

Event consisted of happy hour with drinks, appetizers, 50/50 raffle and silent auction.

Proceeds went towards the new program starting in Palm Beach Gardens. Stay tuned for further events and fundraisers!