



**FALL  
NEWS  
2021**



**Life starts all over again  
when it gets crisp in the fall.**

F. Scott Fitzgerald

## In This Issue

Tips For Grandparents to Reduce Stress | Fall Fun With Your Grandchildren |  
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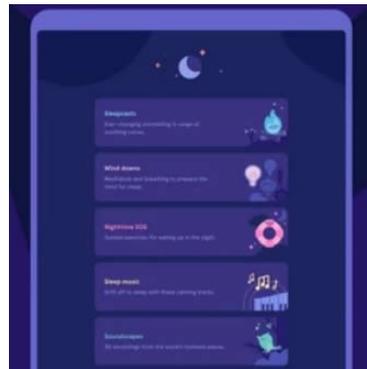
### Tips for Grandparents To Reduce Stress

Your grandchildren will be able to pick up on any stress you are experiencing so it's important to take care of yourself first and make sure you are "de-stressed!"



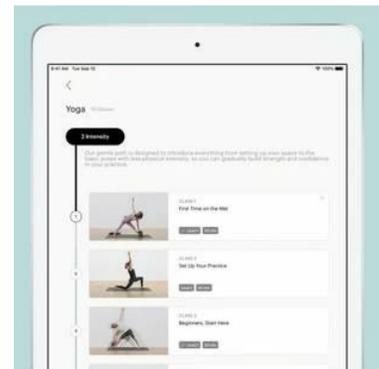
#### [Harmony Hypnosis Meditation](#)

Guided meditation for confidence & motivation, freedom from fear, staying fit & focused, relaxing deeply & sleeping well.



#### [Headspace Meditation & Sleep](#)

Guided meditations for stress reduction, sleep, mindfulness, move your body and wake up inspired.



#### [Glo Yoga & Meditation](#)

Online yoga (16 styles for every level) and meditation, Pilates, and fitness classes. Over 4,000 on-demand classes!

### A Safety Refresher

Before and during the fall school season, it's a great idea to continue to reinforce safe behavior when around other people. Here are some visuals to help:

[Social Distancing for Children](#)

[How To Properly Wear a Mask](#)

## **Mask Practice**

Plan (safe) outings before school starts and throughout the fall so your grandchildren can get used to wearing a mask. Outings are an opportunity to practice socialization, physical awareness, and promote generalization of skills in the “real world.”

- Visit an orchard or pumpkin patch
- Find a local / community Fall Festival
- Have a picnic at the local park
- Go horseback riding
- Visit a local nature center or botanical garden
- Visit an observatory or planetarium



## **Fall Fun With Your Grandchildren**

### **Bird Watching**

Set up a bird feeder in the backyard or patio that your grandchildren can be in charge of (filling it up) and purchase a local bird identification chart like Peterson's Backyard Birds of Southern California or use an app like Merlin Bird ID Wizard. You can even make your own bird feeders: 3 Easy Bird Feeders to Make with Kids.

## Pine Cones

Go on a walk and collect pine cones (and twigs and other objects) to create a fun Fall wreath to decorate the front door. Check out how to [How to Clean Pinecones for Crafts](#) and [48 Amazing DIY Pine Cone Crafts & Decorations](#)

## Pumpkin Crafts

You don't necessarily have to carve pumpkins... try using paint and other ways to decorate pumpkins with your grandchildren! You could have a [Pumpkin Painting Party](#) or get out the paper and glue for some fun pumpkin grafts ([23 Pumpkin Kid Crafts](#)) or cook / bake with your grandchildren ([Fun Pumpkin Themed Food Ideas Kids Will Love](#))!



[Make a Pinecone Turkey](#)



[Baby Yoda Pumpkin](#)



[Pumpkin Yogurt Bites](#)

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## Nature Apps

When you are exploring nature or working in your own garden, here are some interesting identification apps for you and your grandchildren to check out!



[Nature Cat's Great Outdoors](#)

Use the camera, microphone, drawing tools, and more to create nature explorer



[Outdoor Family Fun With Plum](#)

This app offers daily activities that will get your family outside, exploring your



[Camping With Grandpa](#)

Join Grandpa on a hiking and camping adventure you'll never forget! Choose a trail, read a compass, spot some

journals. Based on the hit PBS Kids show, Nature Cat's Great Outdoors.

neighborhood and learning about nature.

wildlife, identify animal tracks, earn wilderness patches, and more.

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## Autism News

### Elon Musk reveals he has Asperger's on Saturday Night Live - May 2021 - BBC NEWS

Tech entrepreneur Elon Musk has revealed he has Asperger's syndrome while appearing on the US comedy sketch series Saturday Night Live (SNL).

The 49-year-old told viewers he was "the first person with Asperger's" to host the long-running programme - to loud cheers from the audience.

People with Asperger's interpret the environment around them differently to other people.

It is thought to be the first time Mr Musk has spoken about his condition.

The tech boss was guest hosting the sketch show - a coveted role that has been filled by an array of celebrities since SNL's inception in the 1970s. These include Adele, Chris Rock, Ringo Starr, and Will Ferrell.

"I don't always have a lot of intonation or variation in how I speak... which I'm told makes for great comedy," he joked in his opening monologue. "I'm actually making history tonight as the first person with Asperger's to host SNL."

[READ FULL ARTICLE.](#)





Now is the perfect time to sort through our cupboards, drawers and closets. Most of us have collectibles and other worthwhile items that our children do not want. Donations to the Grandparent Autism Network are tax-deductible. Create more space for all the fabulous things that you love AND benefit grandparents and families affected by autism.

All donated items are sold through our [e-Bay for Charity store](#), raising money to support our programs.

We welcome donated goods such as:

- New, unwanted gifts
- Collectibles, Home Accessories, Craft Items
- New Clothing, Shoes and Handbags
- Fine, Vintage, and Costume Jewelry
- Mobile Phones, Tablets and Laptops

You can mail or drop off donations for GAN at the UPS Store located at 23785 El Toro Road, #103, Lake Forest, CA. Please [check this website](#) for directions and hours of operation. Contact us at [info@ganinfo.org](mailto:info@ganinfo.org) for possible pickup options in Orange County, CA and for donation forms.

Donations are tax-deductible to the extent allowed by law.

Tax ID# 20-5230144.

## Grandparent Autism Network

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