



# Good stuff happens here.

"The good stuff, where do we start? We signed ourselves up for AU's Sensory 101 parent training class. Walking in we were so nervous! We didn't know anyone! But immediately we were greeted and made to feel welcome. So we signed Zach up for Exploring Sensations - a class we heard great things about. Zach soared under Felicia's guidance! He started to get sensory regulated! He worked on motor planning! He did astronaut training, he bounced! He grew by leaps and bounds! Felicia knew exactly how to push him and how to encourage him! She said - I've got him - and scooped him up and off they went. This allowed Ben and I to take a moment and sit with other parents and talk to them and staff. People who had similar experiences. People who understood. We found the good stuff - a community.

Throughout the years we have enjoyed our friendships with AutismUp families. We have "kite-flighted", volunteered and laughed. I know if I need any advice I can reach out to the AutismUp Parents Group. If I have an IEP question? No problem - a Family Navigator is on the phone strategizing with us.

We love and support our AutismUp family. You asked me about the good stuff? It is all GOOD STUFF!"

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Dear friend,

It's been a wonderful year for so many reasons, starting with welcoming our families back to in person classes! The multi-sensory learning environment we created within the Golisano Autism Center is alive with participants, siblings, parents and caregivers, and the energy is infectious! Despite this good news, we are challenged by increasing costs and still need to raise \$50,000 towards our current operations.

678 participants are currently attending AutismUp classes each week. That's more than double pre-pandemic participation (56% more than fall 2021), and demand continues to grow. Many families have been placed on waiting lists while we work to open more classes to meet the ever expanding needs of our 3,100+ families.

More classes mean more support coaches, fitness instructors and teaching staff; more materials; more specialized equipment; more time working with families to customize and individualize programs in a way that supports their specific needs; more of everything! As we grow the programs and services we offer to our growing membership, so too do the costs to support our mission - ensuring we support every person with autism, and their family, by expanding and enhancing opportunities that improve quality of life. We produce high quality, innovative, autism-focused programs that are affordable for families. This includes over two dozen free support services, a scholarship program and fundraising to keep program fees low.

Program fees only cover 56% of the total cost. Autism programming is expensive - it must be carefully curated and meticulously staffed. Our Support Coaches and Instructors are our special ingredient and we need to continue to nurture them, retain them and recruit more of them. Will you give a gift to help us build out our programs by ensuring we have quality people, training and equipment to grow into 2023?

Sincerely yours,

*Sarah Milko*



**Sarah Milko**  
Executive Director, AutismUp

*Your support allows us to do really good stuff - thank you.*