



Community Autism Resources
A place to start. A presence on your journey.



SAVE THE DATE!

Saturday, October 1, 2016

9:30AM - 1:30PM

Francis Farm in Rehoboth



HEARTS
WALK/5K RUN **FOR** **AUTISM**
HANDS



About the Walk

- Our Signature Fundraiser held annually, each Fall
- Although CAR is partially funded by DDS, we depend on our annual walk to raise funds to continue to provide the FREE and vital services & support to children, adults and their families as they face the everyday challenges of living with Autism Spectrum Disorders.
- All games, activities & refreshments are FREE!
- All of the money raised stays right here in Southeastern, MA to support your child and family!

Featuring

- Carnival Style Games
- Bubble Creation Station
- Arts & Crafts
- Face Painting
- Bounce House
- Amazing Raffle Items
- Our Autism Awareness Store
- And So Much More!



Details & Questions

- Walk date & details during the Spring
- Contact Crystal Medeiros, Development Coordinator.
(508) 379-0371 ext 22
cmedeiros@community-autism-resources.com





Register Online & Create Your Own Fundraising Page!

https://www.firstgiving.com/CommunityAutismResources_old/I3thHeartsandHandsWalkforAutism

Click on "Join Now"!

Firstgiving makes registering and sponsoring your family/team for the Hearts & Hands Walk, safe, simple and fast!

Use Firstgiving to tell YOUR story!

- How Community Autism Resources has helped your child & family
- The IMPORTANCE of supporting LOCAL Autism services
- How Community Autism Resources supports better understanding of Autism Spectrum Disorders
- Share photos & videos of your family, child or team





2016 Hearts & Hands Walk for Autism Registration

Please return to: 33 James Reynolds Road Unit C Swansea, MA 02777
Attention: 2016 WALK or Fax (508) 379-0269
QUESTIONS? CALL 508-379-0371 EXT 22/CMedeiros@community-autism-resources.com

- I am unable to walk but would like to make a donation
- I'm a virtual walker my FirstGiving webpage is: _____
- I would like to receive CAR's weekly newsletter (Monday Morning Message) via email

Name _____

Address _____

City, State, Zip _____

Day phone _____ other phone _____

Email _____

I am walking on team _____

PLEASE PRINT TEAM NAME AND TEAM CAPTAINS NAME

Individuals who raise \$60.00 (Teams who raise \$60.00 per walker) AND who register by Thursday, September 1st, will receive an official Hearts & Hands Walk T-shirt!

I SHIRT per individual/team member, when the TEAM Captain turns in the team's TOTAL donations
Example: a team of 10 will need to raise \$600.00 to receive a shirt for each walker.

The deadline for those who want T-shirts is Thursday, September 1st!

We can't guarantee shirts after this date!

Indicate amount you want for each item you are ordering:

Shirt sizes Children's SM _____ MED _____ LG _____

Adult sizes SM _____ MED _____ LG _____ IXL _____ 2XL _____ 3 XL _____

PLEASE NOTE: PHOTOGRAPHERS WILL BE AT THE WALK TAKING PHOTOS.
PHOTOS WILL APPEAR ON THE COMMUNITY AUTISM RESOURCES' WEBSITE.

LIABILITY WAIVER (feel free to photocopy)

I/WE _____

(Individuals/parents/guardians)

And my/our minor children (under age 18) listed below:

1. _____ 2. _____

3. _____ 4. _____

Are participating in the Hearts & Hands Walk for Autism and Family Fun Day at our own risk. We will not hold the organizers, Community Autism Resources Inc., Francis Farm, Ocean State MultiSport nor the City of Rehoboth, liable for any injury or loss/damage to property.

Signed _____ Date _____

Signed _____ Date _____





Team Building Tips

13th Annual Hearts & Hands Walk for Autism
Saturday, October 1, 2016 at Francis Farm, Rehoboth, MA

Forming a team for the Hearts and Hands Walk for Autism and Family Fun Day is a great way for your family, friends and co-workers to show support for those living with an Autism Spectrum Disorder.

It is also a great way to help support the FREE services that Community Autism Resources provides to over 3000 families in 82 cities and towns in S.E. Massachusetts.

Being part of a Team can be a lot of fun and gives everyone an opportunity to work together in support such an important cause.

Of course the most important reason to organize a team for the Hearts and Hands Walk for Autism is that you and your team members will feel terrific knowing that they are making an important difference in the lives of children and adults with Autism Spectrum Disorders and their families!!

It's Easy to Start a Team!

- Designate a Team Leader (or captain) and select a team name. Community Autism Resources will provide you with as many brochures as you need.
- All Team Members MUST register individually! Visit https://www.firstgiving.com/CommunityAutismResources_old/I3thHeartsandHandsWalkforAutism to register. You will also have the option to create a FREE online fundraising page for your team!
- Get people involved! Ask your employers and co-workers and or family members to join your team. Ask your company or office managers if you can send out an email to everyone at work.
- Encourage family members and friends to sign up others for your team.
- Set recruitment and fundraising goals for team.



- Have t-shirts or buttons for your team-that features the person you are walking for or your team's name. T shirts are often on sale at places like Michaels, AC Moore, and Joanne Fabrics. You can have each member design their own with fabric markers or you can get computer designed iron on transfers that you can make and print at home. Team Buttons can be ordered very inexpensively at <http://www.buttonsandmore.com>
- Encourage the involvement of your team by having them feature your team on their Face Book, Twitter and/or MySpace pages, sharing your team's information in newsletters, putting up posters, and handing out flyers.

On Walk Day

- Organize a meeting place for all your team members to meet at the walk.
- Once the team captain has collected EVERYONES donations and has a head count of how many people are on their team, they should go to the registration table to check in their team and turn in your ALL of team's donations at one time.
- Once Team Captains check in, they will receive their lunch voucher for their team. Team Captains MUST designate 1-2 Team Members to get lunch for their entire team.
- Remember that Community Autism Resources provides visual schedules of the day's events and choice boards for anyone who needs them. They will be online before the walk and at the registration table
- As always we will have our Family Fun Day running both during and after the walk so that family members unable to walk the 2 miles can still have a great time. The family fun day includes: a bounce house, sensory treasure hunt, carnival type games, Wii Station, and free refreshments including popcorn and sno-cones. There is also an awesome Autism Awareness store and terrific raffles. We are hoping to add one or two new activities this year so check often at www.community-autism-resources.com for more information
- Don't forget to bring your camera!

No Pets PLEASE!!

Although we love pets, we respectfully ask you to PLEASE leave your dogs home this year. This is for the safety of your dogs as well as all those attending the walk and family fun day. Many people with Autism are afraid of dogs, and this day is for families to have a wonderful time. The exception is only for certified Therapy Dogs. Thank you for understanding!!

Sponsors

We are always looking for corporate sponsors and/or corporate teams to support Community Autism Resources' and the important work we do.

If you know a local business, or company who would like to be a sponsor please have them contact Crystal Medeiros at 508-379-0371 ext 22 or cmedeiros@community-autism-resources.com



2016 Hearts & Hands Walk for Autism

Family/Friend Sponsored Ad Form

Please return to: 33 James Reynolds Road Unit C Swansea, MA 02777

Attention: 2016 WALK or Fax (508) 379-0269

QUESTIONS? CALL 508-379-0371 EXT 22/CMedeiros@community-autism-resources.com

Name _____

Address _____

Day Time Phone Number _____ Evening Phone Number _____

E-mail Address _____

I would like to receive CAR's weekly newsletter (Monday Morning Message) via email

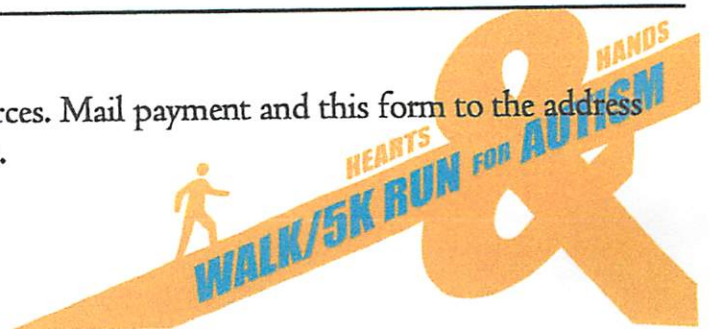
Amount enclosed: _____

We would like:

- ¼ Page-\$25.00
- ½ Page-\$50.00
- Full Page-\$100.00

Please email the photo you would like displayed in your family/friend sponsored ad, in JPEG format. If you would like to include a message with your photo, please write it in the space provided below, exactly as you'd like it printed. Feel free to use the back, if you need more space!

Make checks payable to: Community Autism Resources. Mail payment and this form to the address above.





Community Autism Resources
A place to start. A presence on your journey.

We are VERY excited about adding a 5K Run to our existing Hearts & Hands Walk for Autism!

To register for the 5K portion of this event, please visit:

<https://g2racereg.webconnex.com/hearts5k2016>





\$5K Challenge



We want to reward our **biggest** fundraisers!

This year, each individual or team who raises \$5,000.00 will win a gift card(s), not to exceed \$500.00, for educational, therapeutic and/or recreation opportunities!*

*(All requests are subject to pre-approval)

For more information please see Official \$5K Challenge rules at:
https://www.firstgiving.com/CommunityAutismResources_old/I3thHeartsandHandsWalkforAutism

or contact Crystal Medeiros: cmedeiros@community-autism-resources.com
or (508)379-0371 ext. 22





\$5K Challenge Official Rules

- Each person/family/team (referred to as “the fundraiser” for the rest of this document) that raises a minimum of \$5,000.00 in walk donations will be eligible for the \$5K Challenge! You will be awarded a gift certificate or combination of the gift certificates, but not to exceed \$500, for educational, therapeutic or recreation opportunities! All requests are subject to pre-approval.
- To be eligible “the fundraiser” must complete and return the “\$5K Challenge Award Form” and turn it in by the deadline* with their donations. In the case of a “team” one person must be named as the recipient for this challenge. The recipient who is named must be at least 18 years old.
- The \$5K Challenge Award Form is available on the Community Autism Resources website https://www.firstgiving.com/CommunityAutismResources_old/13thHeartsandHandsWalkforAutism or by calling Crystal Medeiros at 508-379-0371 ext 22.
- Only cash, checks and the donations raised via Firstgiving will be accepted for the \$5K Challenge. No sponsorships, donations of gift cards or other types of donation will be accepted for this challenge!
- *Deadline for cash and checks to be accepted is noon October 1, 2016. Deadline for donations made on Firstgiving is midnight October 8, 2016. No money raised after this time, will be eligible for the \$5K Challenge.
- The total amount of cash and Firstgiving funds must be verified, ALL checks must be cleared, and confirmation that the \$5,000.00 minimum has been reached, before the \$5K Challenge gift card(s) will be awarded.
- Winners will be notified by phone.
- All other expenses not specified herein are the responsibility of the winner. ALL TAXES ARE THE SOLE RESPONSIBILITY OF THE WINNER.
- The prize is awarded without warranty, express or implied, of any kind.
- Limit one prize per person/household/team.
- Gift cards will be mailed directly to winners or vendors by November 5, 2016.
- Questions about the \$5K Challenge should be directed to Crystal Medeiros 508-379-0371 ext 22





13th Annual Hearts & Hands Walk/5K Run for Autism \$5K Challenge Award Form

See official rules for deadline and other important information.

PLEASE PRINT LEGIBLY

Name _____

Address _____

City, State, Zip _____

Day phone _____ 2ND phone _____

Team name (if applicable) _____

If you raised any donations via Firstgiving you must give us your FIRSTGIVING PAGE NAME AND WEB PAGE ADDRESS in order for those donations to be counted.

I verify that I am turning in donations that total a minimum of \$5,000.00 and those donations are in cash, check and/or were donated via Firstgiving. _____

I verify I am 18 year or older _____

I would like gift cards/certificates to the following, to be used for the purpose of (Please note, you can chose a number of gift certificates totaling \$500. All requests must be approved):

Signed _____

Date of Birth _____

Today's Date _____





Fundraising Tips & Ideas

13th Annual Hearts & Hands Walk for Autism

First and most importantly, designate a Team Leader (or captain) and select a team name. Have each family or adult team member register to walk. Community Autism Resources will provide you with as many brochures as you need.

Online

- The easiest way to register and raise money for your team is to create a FREE fundraising page by visiting: https://www.firstgiving.com/CommunityAutismResources_old/13thHeartsandHandsWalkforAutism Click on "Join Now" and follow the prompts. You will have the option to register and create your own fundraising page or join your teams fundraising page, if you wish.
- On your fundraising page, make sure to share your story and why you're walking.
- It can be as simple as "I want to help other families with autism." Don't forget to add photos and videos too!
- Firstgiving's website also gives you options to add a donation box to your social media networks! Ask all of your social media contacts to donate \$5.00 to your cause!
- Encourage your family and friends to e-mail the link to your Firstgiving page to their family and friends to ask for their support.

At Home

- Get together with your friends, family and neighbors and host a yard sale with all of the proceeds going towards your teams fundraising goal.
- Kids love to help too! Help them set up their very own lemonade stand. Or just ask them for their fundraising ideas. Kids are often very creative and will come up with some terrific ways to help.
- If you have a birthday coming up, instead of receiving gifts, ask that people donate \$5 or \$10 dollars in your honor.
- Place a message on your answering machine encouraging others to join you in the walk OR to make a small donation to your team on Firstgiving.
- Have a Game or Poker Night! Charge at the door & be sure to include some door prizes for winners.
- Sell all those old books that have been gathering dust to a local used book store. Use the money towards your team's goal.



Family & Friends

- Ask friends, relatives, or even people who provide services to your child if they will place loose change in a jar for your team. Collect the jars a week before the walk and add it to your total!

In the Neighborhood

- Ask your place of worship if they can mention your team and why you are walking in your church's newsletter or bulletin.
- Be sure to ask your local grocery store, coffee shops, barber shops, or your favorite restaurants if they will allow you to place jars for change.
- Ask your favorite restaurant to host a fundraising dinner. Places like Papa Ginos often hold these types of fundraising events.
- Host a bake sale or pot luck at a local store, church or school.
- Ask your local fire station or VFW to have a car wash to help your cause. Or hold your own car wash asking for a minimum donation of \$4.00 per car.
- Offer an incentive for others to get involved. For example: Ask your office, sorority, fraternity, club or bowling team to have a fundraising challenge! Whoever raises the most for the cause gets free movie passes or a gift certificate to a restaurant.

At Work

- Ask if you can promote your team in your company's newsletter and encourage other employees to email you for more information.
- See if your company would allow you to have a dress down day for a donation of \$5 or \$10 per person to go towards your team.
- There are many other fabulous fundraising ideas listed on:
<http://www.easy-fundraising-ideas.com/>

Don't hesitate to contact Community Autism Resources with questions or if you need brochures about the services we offer!

All of the money donated to the Hearts & Hands Walk for Autism and Family Fun Day is absolutely VITAL to Community Autism Resources! The funds raised support the FREE services we provide to over 3000 families who have sons & daughters on the autism spectrum disorder. We serve over 82 cities and towns in Southeastern Massachusetts.

Please visit our website www.community-autism-resources.com
or call 508-379-0371 ext 22 to learn more about the services provided by
Community Autism Resources

We deeply appreciate your support.
Remember all donations are tax deductible!

Donation Receipts

Donation Receipt

Name _____

Date _____

Amount _____

Community Autism Resources is a 501(c) 3 non-profit organization.

Thank you for donating to the 2016

Hearts & Hands Walk for Autism

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