



Issue #1

Volume 1

Monthly Moments Newsletter

June 2021

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Philip King-Lowe

Owner, Producer and Host

The First Six Months

The first six months since Today's Autistic Moment started have been amazing. On June 21st the twelfth episode was published. The Pilot was published on January 11th. Since then episodes about COVID-19, Ableism, Aging Autistic Adults, Neurodiversity, Social Narratives, Autism Acceptance, Community Based Services, Independent Living, Justice in Employment, Diverse Sexual Orientations and Gender Identities have been played 972 times.

On the episode about Community Based Services, Sara Swan said that I am her hero because I am changing the ways. I do believe that is true. In fact, the show about Community Based Services has brought about one exciting response. I was able to share it with my County Commissioner. The Commissioner and his assistant responded to me by asking what more they could do. I suggested that they consider sharing the episode with the other Commissioners to try to get the issue addressed. They are going to see what they can do.

After another episode, I received an email from the mother of an undiagnosed 36 year old Autistic son. She thanked me for the program and wanted information about where they might take him to get diagnosed. Through my Autism Community Resources Links page she found a place to take him.

Today's Autistic Moment is making an impact. This is only the beginning. There is more to be done. Today's Autistic Moment will continue to bring important information, talk about the barriers Autistic Adults experience, and help with self-advocacy. Let the work continue.



Upcoming Shows

July 5th

Autistic Adults and Financial Planning with guest Andrew Komarow, MSFS CFP.

July 19th

Autistic Adults: Media Portrayal or Betrayal? My guest is Nicola Whiting.

August 9th

Autistic Adults: Gaslighting with guest Lyric Holmans.

August 23rd

Autistic Adults and Interdependence with my guest Zephyr James.



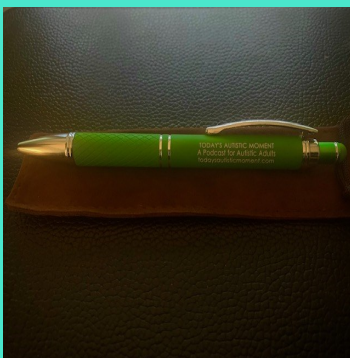
Listen for Free: Subscribe for More

Listening to Today's Autistic Moment is and will always be *free*. Autistic Adults need a podcast such as Today's Autistic Moment without paying to obtain all the great information from our guests. At no time will a paid subscription be required to tune in.

I am now offering subscriptions so you can help keep the work of Today's Autistic Moment going, with some exciting perks for subscribers.

Here are my subscription offers.

- **\$1.00 Regular Monthly Support Subscriptions** are welcomed and appreciated.
- **Contributor \$5.00 a Monthly Subscription.** You will receive episodes directly emailed along with the *Monthly Moments Newsletter*.
- **Podcast Planning Partner \$15.00 Monthly Subscription,** You will receive episodes emailed, the *Monthly Moments Newsletter*, PLUS a free ballpoint pen and stylus from Today's Autistic Moment sent directly to you. You will also get a VIP invitation to attend live monthly virtual meeting where you can take part in discussions about the show, suggest topics, guests and questions you want asked at no additional cost. If any special live events are planned, you will be able to attend for only \$5.00. Regular admission without a \$15.00 membership is \$10.00 a person.
- **Podcast Planner Plus \$25.00 Monthly Subscription.** You will get everything from the previous subscriptions PLUS a **FREE PASS** to attend any special live virtual events planned.



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Thank you for listening & subscribing to Today's Autistic Moment.



Upcoming Episode Guest Bios July and August 2021

Andrew Komarow CFP, CNP will be the guest on *Autistic Adults and Financial Planning* on July 5th. Andrew is the Founder of [Planning Across the Spectrum](#) and specializes in helping any self-advocating client or family with autism and intellectual abilities. Andrew received his diagnosis as being on the Autism Spectrum as an adult. He understands the difficulty and stigma that Autistic Adults face with financial planning.

Nicola Whiting is co-owner of Titania Group, she is also Autistic, an Amazon best-selling author and is listed as one of the top 30 most influential women working in cyber security. Nicola received the UK's inaugural "National Cyber Citizen Award" for her "outstanding contribution to the world of cyber security and protection" & was awarded an MBW by the Queen for services to International Trade and Diversity. Nicola will be the guest to talk about *Autistic Adults: Media Portrayal or Betrayal?*

Lyric Holmans is the guest on *Autistic Adults and Gaslighting*. Lyric is an Autistic self-advocate from Texas who runs the neurodiversity lifestyle blog Neurodivergent Rebel. They are also the founder of NeuroDivergent Consulting. Lyric is also known as the pioneer of the hash tag #AskAutistics where simple questions prompt open-minded responses that Autistic people can easily chime in with, and invites participants to engage each other in conversations related to the topic.

Zephyr James is an Autistic Adult and the Community Engagement Manager at the Autism Society of Minnesota. After graduating with a BA in Philosophy and Religion from St. Olaf College, she struggled through a number of jobs before discovering her Autism diagnosis and jumping headfirst in to the world of Autism. Since then, she has worked at The Autism Society of Minnesota, completed the Partners in Policy Making disability advocacy program, become a Minnesota LEND Fellow, and given presentations about Autism across Minnesota. Her areas of interest are executive function, emotion regulation and sensory needs. Zephyr is the guest on *Autistic Adults and Interdependence*.



Newsletter Blog

Let Autistic Adults Struggle to Accept Neurodiversity

By Philip King-Lowe

Elon Musk's announcement about having "Asperger's Syndrome" on Saturday Night Live in May lit up the arguments about labels for Autistics. I read many posts on the social media networks Facebook, Twitter and LinkedIn. Some writers thought it was a great announcement because someone on the Autism Spectrum said it publicly and the words he used didn't matter. One Autistic author scolded the Autism community for politicizing Asperger's as the "Nazi" form of Autism. I read others that were unhappy with him saying "Asperger's Syndrome" and suggested that Musk's announcement did more harm than good.

I do wish Musk had not said the word Asperger's. I was diagnosed with Asperger's in 2011 and made the journey to saying that I am Autistic in 2020. To me, saying that I had Asperger's placed me on the outside of this great community of individuals who are neurodivergent. Being Autistic is my identity. Autism is my wiring in good working order. Being Autistic means I am different. Autism is not a burden for me, Autism is my gift. Being Autistic is my life. However, I also know the famous quote "If you have met one Autistic person, you have met one person with Autism." Yes. I interchanged the identify first and person first language on purpose to make my point.

I think the Autism community needs to struggle to accept the neurodiversity among other Autistics. The struggle includes those who use person first and/or identity first language. It includes others saying Asperger's and using or not using functioning labels. Each one of us has preferences and reasons for the choices we make. The work towards better accepting diversity begins with looking within ourselves to see what it is that is different about the other (s) that causes us to clash. An important part of the endeavor is that each of us will arrive at a conclusion; when all it really is, is our chance to continue on until we discover the next new concept we haven't yet considered. Autism is our gift to analyze and study again because we are never satisfied with only one conclusion. That process helps us gain self-determination to ride on and not resist the river wave that takes us around another bend to struggle with the next diversity we have not yet accepted.

Today's Autistic Moment is about neurodiversity and allowing ourselves to struggle with what that diversity means for Autistic Adults and the many issues we deal with. Autistic Adults need to find and use our voices to do the hard work of accepting what is wonderfully unique about ourselves, so that we will combat our own resistance to obtain a better appreciation and support others who are rejected because of whatever social oppression labels apply to them.

Thank you for listening to and supporting Today's Autistic Moment: A Podcasts for Autistic Adults by an Autistic Adult.



Mugs and Fidgets are on sale now in [Today's Autistic Moment Store](#) through 8/31/2021. Buy yours now.

