



GET INVOLVED

You don't have to be part of the "LEX GO! Club" to make a donation. The XEL Foundation deeply appreciates ALL forms of contributions. If you have time, resources or additional ways you'd like to support the foundation please [click here](#).

Need/Have Resources on Autism? Contact us at resources@xelfoundation.org.



The XEL Foundation is continuing to grow and create positive momentum thanks to the voluntary and generous donations of the "LEX GO! Club." The "LEX GO! CLUB" per truckload movement has raised a total of **\$331,000** (with R&R company match) as of 1/1-7/31. This contributes to our overall fund raising efforts of **\$454,000**.

THE "LEX GO! CLUB"

- **54 cents of every truckload will be donated to the XEL Foundation**
- **R&R Express will match the 54 cents**
- **54 cents represents the 1 in 54 children diagnosed with autism based on CDC statistics in 2021 when the foundation was established**

IMPORTANT UPDATES

- The official web site is now available at XELFoundation.org
- **Meet** The XEL Foundation board members
- Connect with us on Social



A LETTER FROM ELISA: CREATING POSITIVE EXPERIENCES



Friends,

After several board meetings, many extensive conversations, and multiple interviews, the XEL Board is excited to announce that we will make our first donation towards research by the end of this year. The board has taken the time to thoroughly review different research opportunities and we are in the final stages of making our selection. However, as we mentioned before, the XEL Foundation also wants to provide inclusive opportunities for those with ASD (Autism Spectrum Disorder).

What does inclusion mean to the board? It means that we identify places that currently do not fully accommodate the needs of a person with ASD and help them adapt accordingly. We're talking about places like schools, restaurants, hospitals, sporting venues, zoos, hotels, airports, and workplaces – places that most people on any given day would attend without any thought on whether their needs would be accommodated. If you are wondering why this would be a challenge, then refer to the definition of Autism in the newsletter. It's a social, communication, and sensory disorder – the three things that would allow people to struggle in these different environments. If we don't have more inclusive places, then their challenging lives just become even more challenging. I ask that you imagine a moment where you enter one of the places listed above and think to yourself how challenging that experience would be without the ability to communicate or engage in social interaction, all while feeling so overwhelmed or underwhelmed by every sense you have. As members of the board, our goal is to take away some of the challenges people with ASD face and make those experiences not just accommodating, but fulfilling. But hang on, we're just getting started.

Love,

Elisa Krakowski, President of The XEL Foundation

DID YOU KNOW? FACTS ABOUT AUTISM

Children and adults with autism spectrum disorder often care deeply but lack the ability to spontaneously develop empathic and socially connected typical behavior. Individuals with ASD often want to socially interact but lack the ability to spontaneously develop effective social interaction skills.

massgeneral.org



BEYOND AUTISM

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THE NEW XEL WEBSITE IS LIVE. **CLICK HERE TO VIEW!**

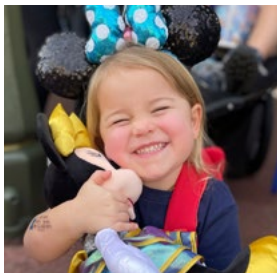


MEET TEKOA & SCOUT!

Written by Nate & Ashley Lourie, Board Members & Parents of Tekoa & Scout



Tekoa is 7 years old and was diagnosed with Autism (nonverbal) at age 3. He loves to swim, play with his brother and sisters, go to church, build legos and jump. He has been in ABA for 3 years and he's the hardest working 7 year old I know!



Scout is 5 years old and was diagnosed with Autism (verbal) at age 3. She loves to swim, play with her siblings, go to church, dress up, dance and dream. She has been attending ABA for 2 years and she was born to be a star!

When our Autism journey began, we didn't know what to expect. When Tekoa was diagnosed, we were devastated but we didn't lose hope. As Walt Disney always said, "keep moving forward." We utilized every resource, and with lots of prayers and support, we quickly realized that everything would be ok. Little did we know that over a year later his younger sister, Scout, would also be diagnosed with Autism. The second time around was completely different, and it prepared us for the wild ride we are on now. When we have a bad day, we just roll with it and keep on living. Now 2 years later, both Tekoa and Scout attend ABA therapy together and the changes are just unbelievable. They are hitting every goal that has been set for them and they are thriving. I am so proud of how hard they work every day and am grateful for the gifted therapists that work with them.

The reality of our children's diagnoses has been a blessing. They are not defined by Autism. Every life has purpose, and sometimes our purpose is revealed to us in what seems like our darkest moment. We could have gotten discouraged and let our circumstances steal our joy, but we chose to keep believing and let God do the rest. We adore our children, and they bring us so much joy every day. Watching Reagan and Jack take care of their little brother and sister and having to go through these challenges that are not "normal" has been the greatest gift of my life. The lessons they are learning as young children are invaluable. They know the true meaning of grace. Through every triumph and trial, my husband and I have embraced God's plan for our lives. We are indeed parents of Champions.

WHAT IS AUTISM?

"Autism spectrum disorder (ASD) is a developmental disability that can cause significant social, communication and behavioral challenges. There is often nothing about how people with ASD look that sets them apart from other people, but people with ASD may communicate, interact, behave, and learn in ways that are different from most other people. The learning, thinking, and problem-solving abilities of people with ASD can range from gifted to severely challenged. Some people with ASD need a lot of help in their daily lives; others need less."*

*Source CDC

SPECIAL THANKS TO OUR DONORS

CORPORATE DONORS



THANK YOU TO OUR NEW PERSONAL DONORS

Pam & Gordie Mueller, Lois Mueller, Drs. Mary & Brent Volker, Gorilla Contracting Inc., *The Mayo Family in Memory of David Coyne Terrick, II*

As well, we'd like to extend our gratitude to the LEX GO! Club and dedicated employees across all the R&R families for their generous contributions.