

MICHAEL COHEN

- 25 years old
- Leibler-Yavneh College until year 10 with teacher aide, speech therapy, OT & special education
- Ritalin & Zoloft



MICHAEL COHEN

- o Work experience
Delamere SAH
- o TAFE Certificate III
in Hospitality
- o Catering Assistant
Montefiore Homes
for the Aged
- o 14hrs pw on M, W, Th





MICHAEL COHEN

- o Drivers license '08
- o Carer for grandparents
- o Cooking, cleaning, finding lost glasses, driving to errands and doctors visits



OUR CAR



MICHAEL COHEN

- o I enjoy fishing, computer, watching TV, listening to music, dog training and I'm getting better at bowling





WHAT HELPED ME IN SCHOOL (CURRICULUM MODIFICATION)

- o Teacher made subject easier by:
 - Showing picture book
 - Watching video
 - Using internet / newspaper eg weather
 - Using my interests with reading
e.g. cars, number plates, animals
 - Using humour, smiling, relaxed vibe

WHAT DIDN'T HELP

- o Putting me 'on the spot'
e.g. "Michael, tell us about this topic"
- o Lots of written information with no pictures
- o Lots of talking without breaks
- o Noise, loud, stern voices made me anxious
- o Changes in timetables without preparation

ANY QUESTIONS ?

Aaron Joseph Heisel

Cincinnati, Ohio

32 years old



Diagnosed 1999

FXS Full Mutation

My Family

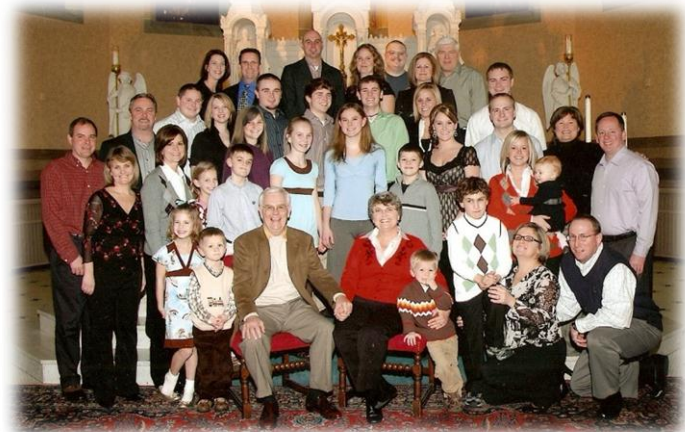


Above: Brother's – Dan and Scott – Sister's – Kris, Amy, Becky, Paula, and Leah – Mom and Dad
At Right: Extended Heisel Family (Nieces, Nephews, Brothers, Sisters, and In-Laws)

Below: Sister Paula and Niece Chelsea (Both have FXS Full Mutation)



Heisel Family

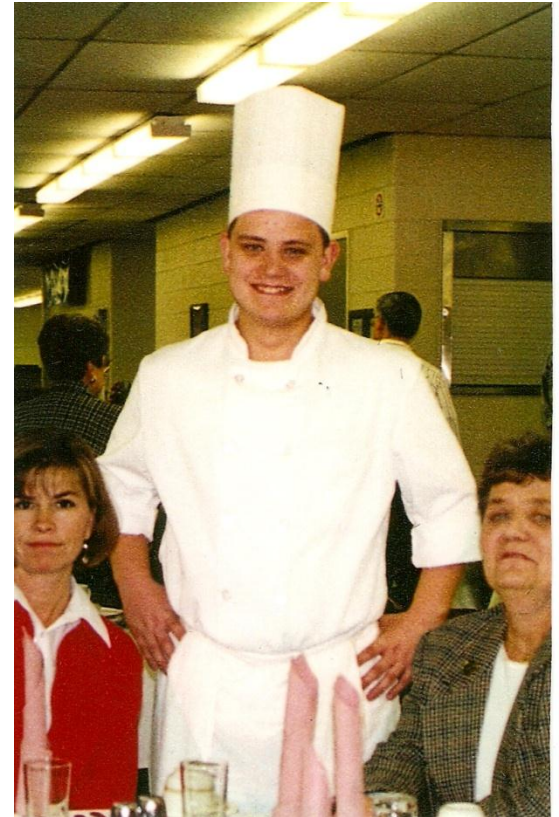
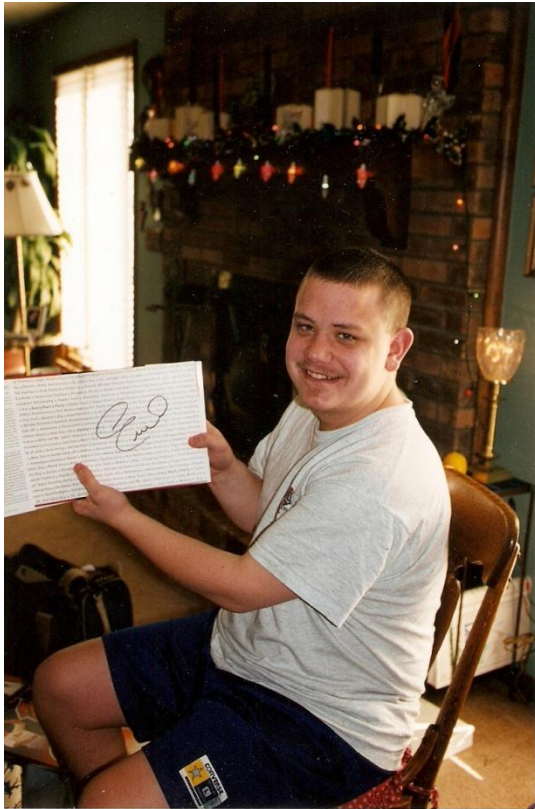


GROWING UP

Unaware of Fragile X



Chef Training



Emeril Lagasse

Work World=Discouraged

“Change my life”

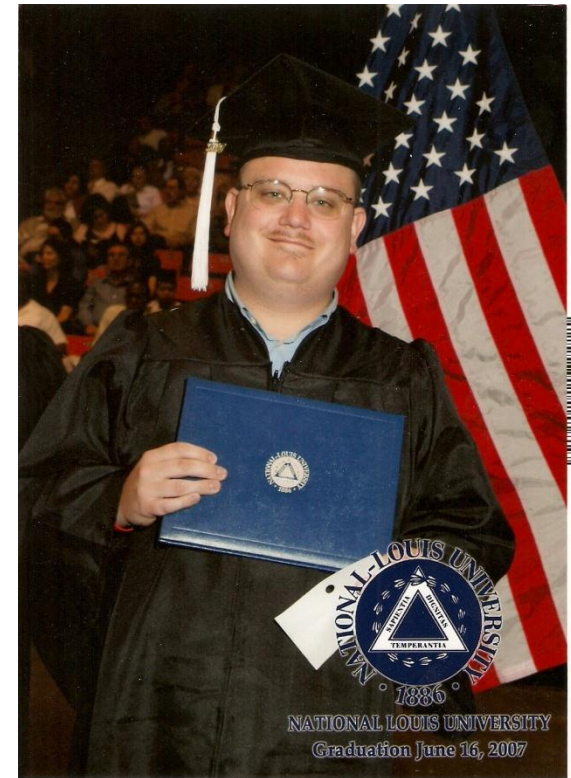


PACE at National-Louis University

Home to Cincinnati



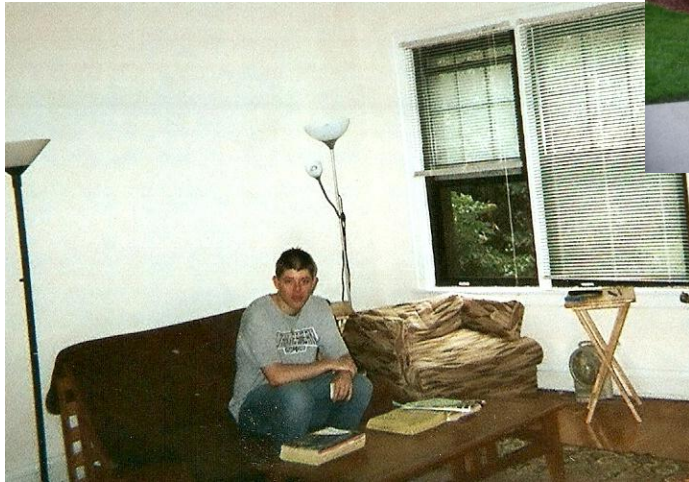
Graduation



Caffe Barista and Deli



PACE – Transition in Evanston



Problems/Lessons

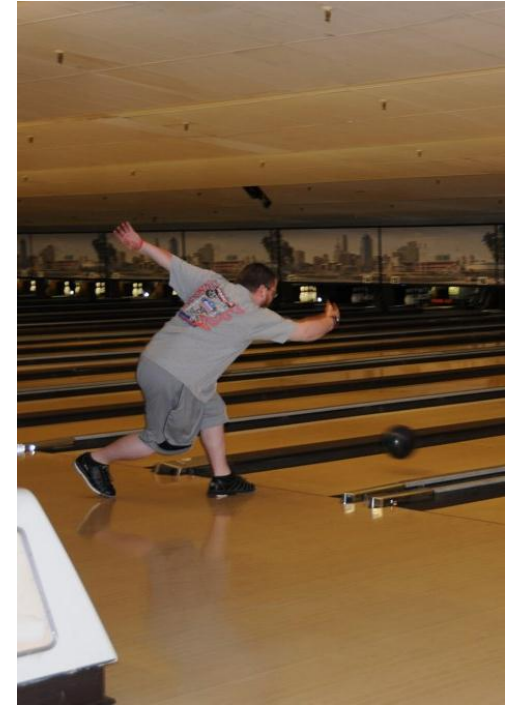
Home and More Lessons



Above: Batting in Special Olympics
At Right: Special Olympic friends – Travis and Mike



At Left: Personal Trainer – Laurie
Below: Bowling at Western Bowl



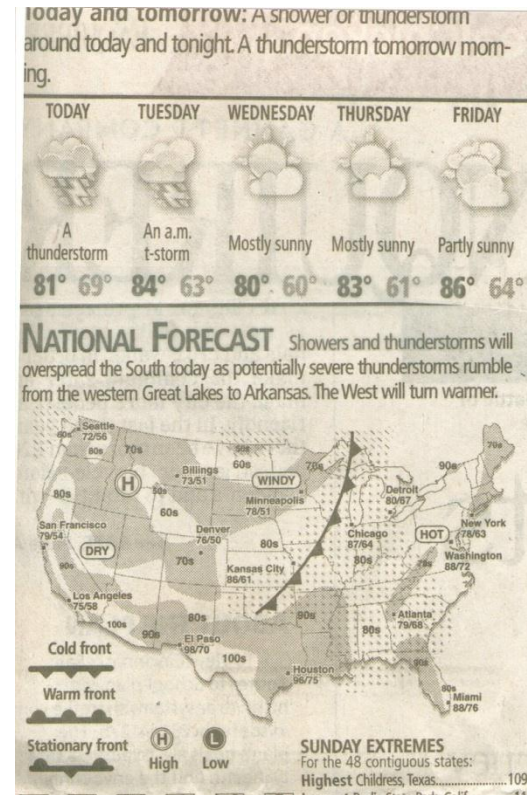
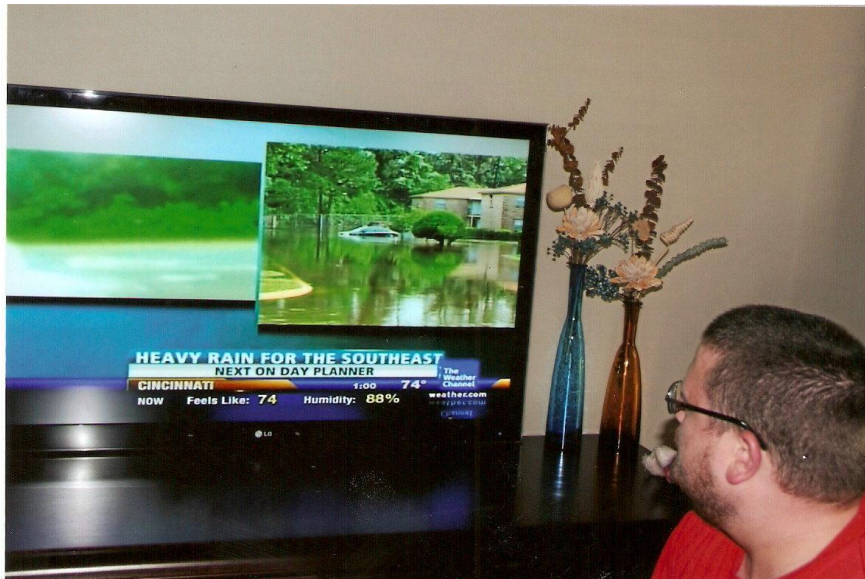
Activities

BIGGEST PROBLEM - ANXIETY

- Medication difficulties
 - PACE Transition Program – 2009
 - Weaning off medications for drug study 2010-2011
- Medication Management
 - Tim Freemon, MD Family Practice
 - Craig Erikson, MD Psychiatry/ FXS Specialty
- Still working to get right combination/dosage

CAUSES OF ANXIETY

- Severe Weather
 - Since a very young age



CAUSES (CONTINUED...)

- New Situations
- Not knowing expectations of others
- Uncertainty/what to do
- Unclear/misunderstood direction
- Criticism from others especially harsh tone of voice
- Rush
- Feeling of too much to do – **OVERWHELMED**

REACTIONS WHEN ANXIOUS

- Shuts down – can't leave home
- Fear
- Anger
- Panic attack
- Explosion/implosion

DIFFICULTIES CREATED BY ANXIETY/REACTIONS

- Keeping jobs
- Misunderstanding with family and friends
- Frightens others

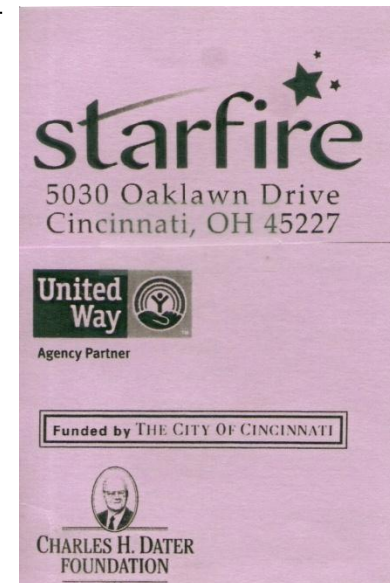
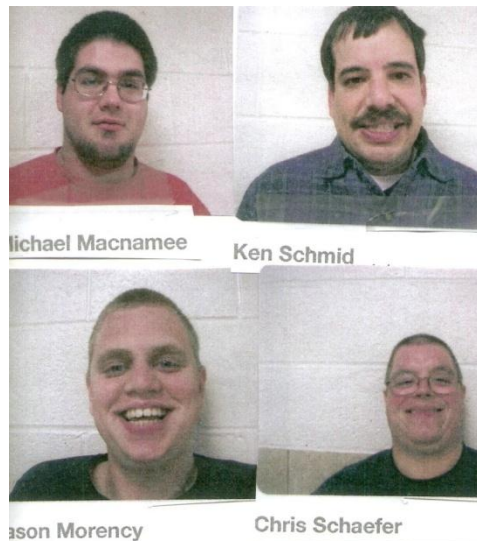
HELP FOR ANXIETY

1. Medication
2. Hot, hot, HOT food
 - Trip to Wild Mikes for “stupid hot” wings
 - AJ adds hot sauce, red, cayenne, and Jalapeno peppers to everything
3. Breathing exercises
4. Calming Music



KEEPING BUSY

- Helps with anxiety
- Walking and working out at Bayley Place
 - Trainers Laurie, Carmen and Maureen
 - Up to 5+ miles
- Monthly events with Starfire
 - Lazer Tag
 - Sporting events
 - Movies
 - Dinner



GOING OUT WITH FRIENDS



Movies, dinner, and Reds games

SPECIAL OLYMPICS

- Soccer
- Basketball
- Baseball
- Bowling



FAVORITE SPECIAL OLYMPIC SPORT

Weight Lifting

- has won many metals



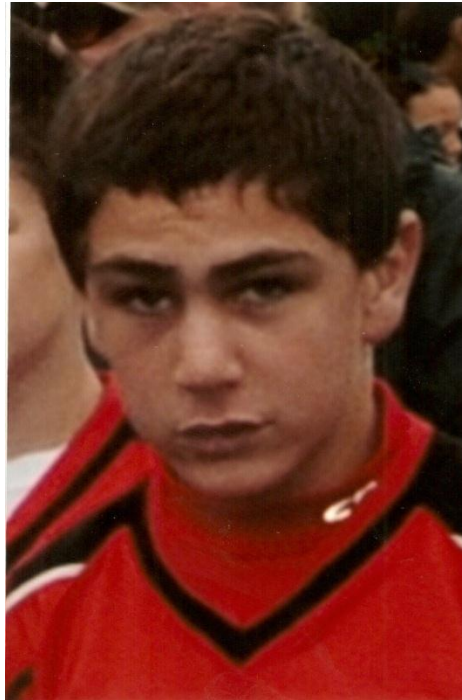
WHAT'S NEXT?

- Finding a job!!
 - Help from Hamilton County Disabilities Services
- Dream Job?
 - Working at Kroger's on Delhi

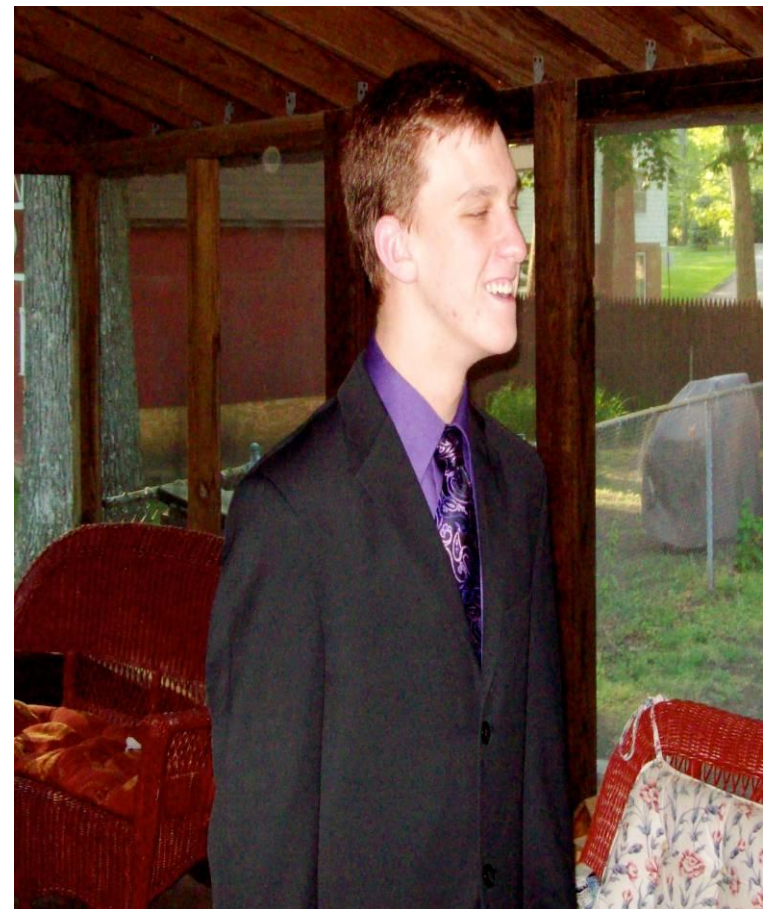
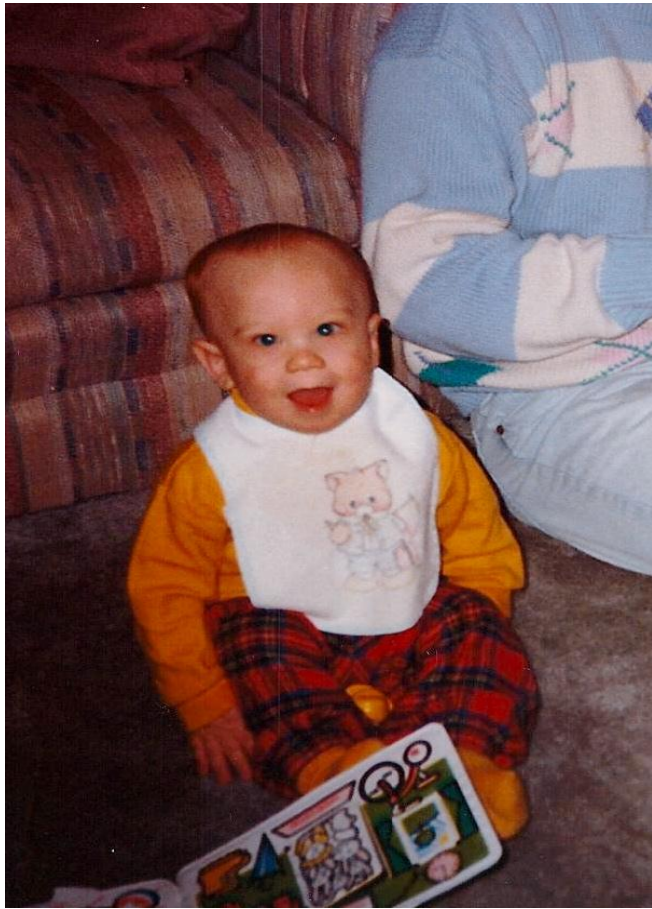


PRESENT JOB

- Helping out with his Nephew Larry
 - He is 15 years old and has FXS too
 - Especially going out to lunch, bowling and hitting golf balls



NICK HERTZIG





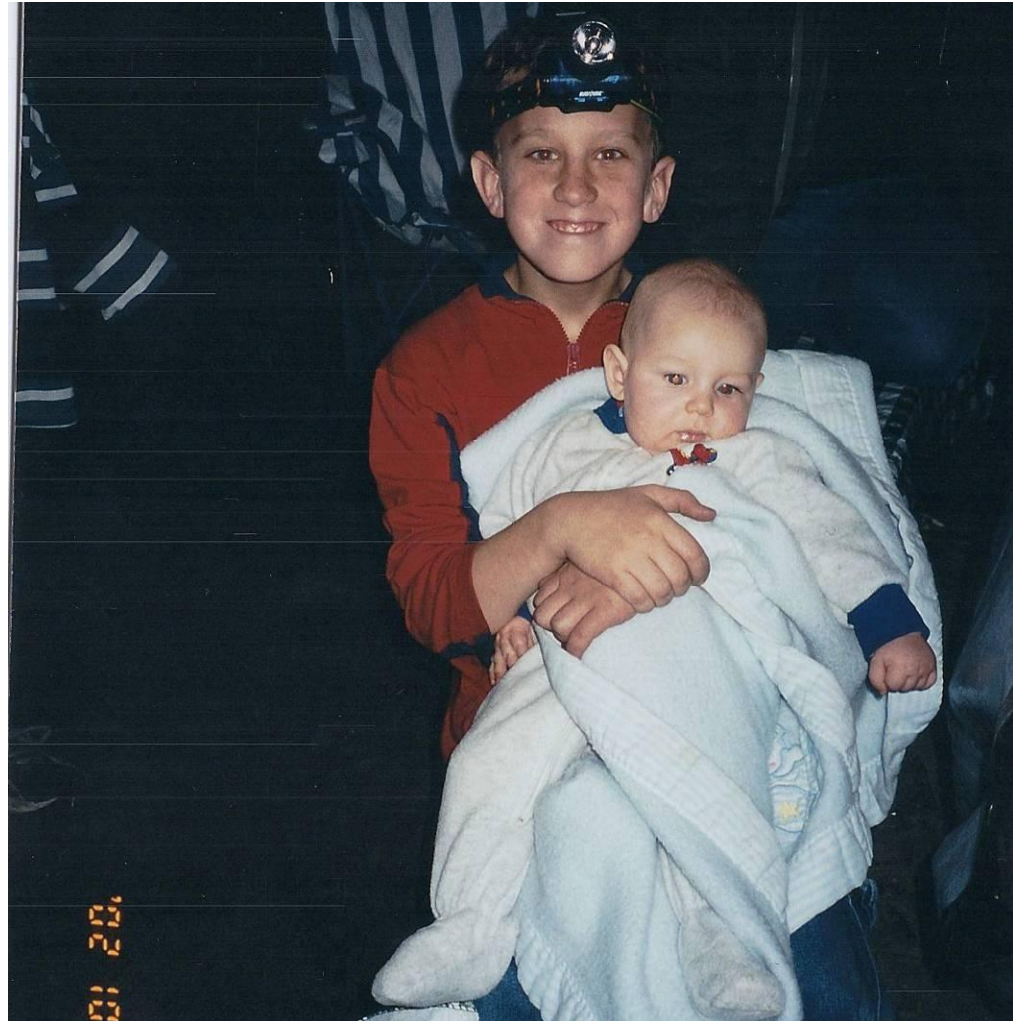
My Sister



MY GREAT GRANDMA



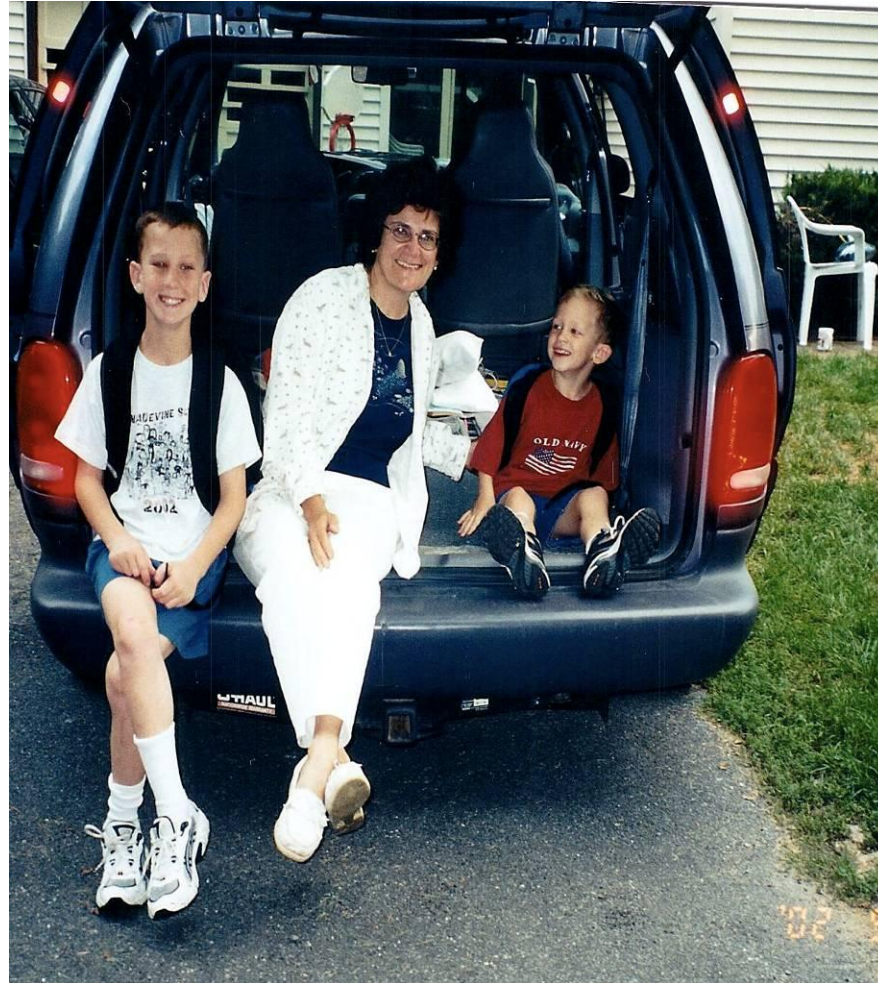
MY BROTHER



EDUCATION

- Elementary School – Regular class, Resource room, classroom aide, OT, Speech, Adaptive PE, Counseling
- Middle School – Integrated class, 1:1 aide, Reteach/Resource, Speech, Counseling
- BOCES (Vocational) – CNA class, TOPS class
- High School – Regular classes, Resource, 1:1 aide, Counseling

FIRST DAYS OF SCHOOL



SCHOOL VOLUNTEERING

- Craft fair cashier
- Basketball timekeeper
- Stage crew
- Golf Tournament
- Fundraising

SPORTS



WINTER FUN



BASKETBALL!



MY FIRST COMMUNION



My Confirmation

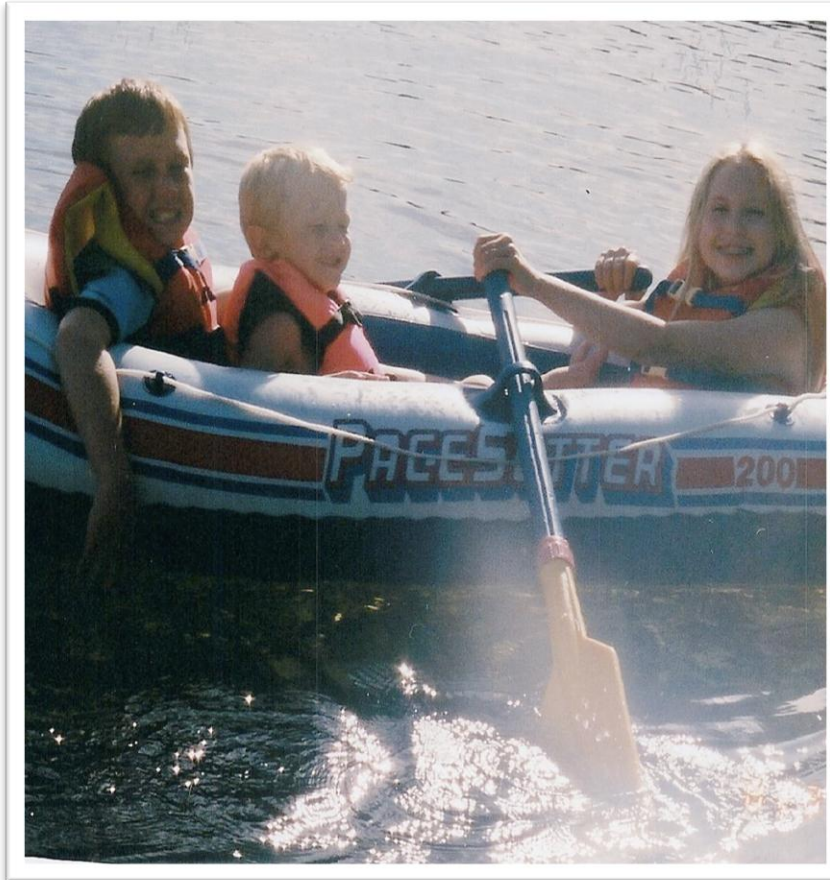
MY PIANO RECITAL



SUMMER "VACATION"



MY BROTHER AND SISTER





HANGING WITH THE GUYS

JUNIOR PROM NIGHT



MY ACCOMPLISHMENTS IN HIGH SCHOOL

- Algebra Award – 3 years in a row
- Inducted into National Honor Society
- Eagle Scout
- Pride of Ulster County from Legislature

Eagle Scout



VOLUNTEERISM

- Road cleanup
- Food pantry
- Food Drive
- Meatloaf
- Christmas caroling
- Town Library improvements

WORKING HARD



JOB EXPERIENCE

- Town weed crew
- Scout camp CIT
- Vocational High School half day community job training
- Scout camp Staff

NATIONAL HONOR SOCIETY



National Honor Society Membership Card

Nicholas Hertzig

ISSUED TO

Spaulding
ADVISER

K. Culver

J. Tullio
PRINCIPAL

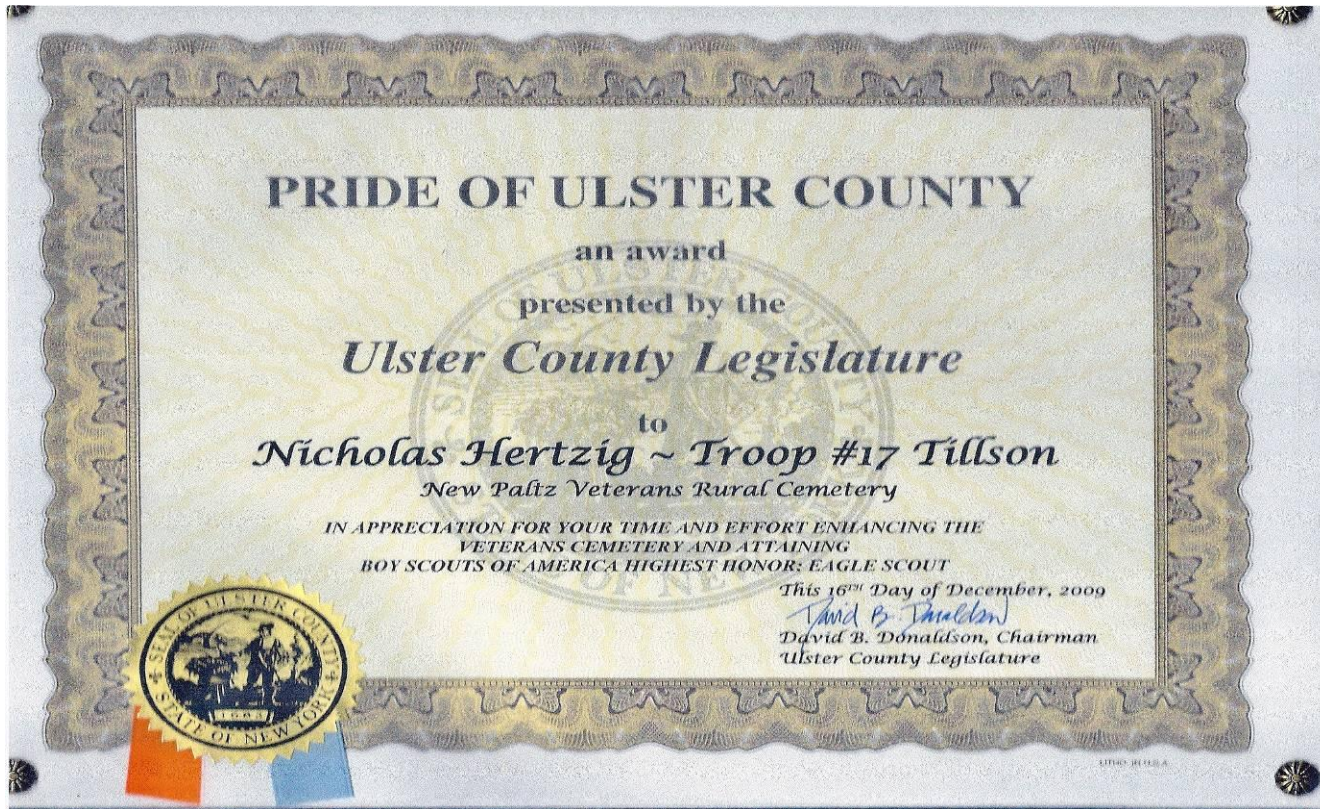
Ronald Marano

DIRECTOR, STUDENT ACTIVITIES
NASSP

Gerald H. Long

EXECUTIVE DIRECTOR
NATIONAL ASSOCIATION OF
SECONDARY SCHOOL PRINCIPALS

PRIDE AWARD



SENIOR PROM NIGHT



2011 HIGH SCHOOL GRADUATION



TRIPLE “C” AWARD

STATE OF NEW YORK
OFFICE OF THE ATTORNEY GENERAL

Triple “C” Award

Presented to

Nicholas Hertzog

In recognition of your tremendous **COMMITMENT** to bettering yourself, your school and your community; your strength of **CHARACTER**, which has helped you to achieve your goals and will guide you in making the right decisions in the future; and your remarkable **COURAGE**, which will aid you in meeting all of the challenges ahead.



ERIC T. SCHNEIDERMAN

Attorney General

06/02/2011

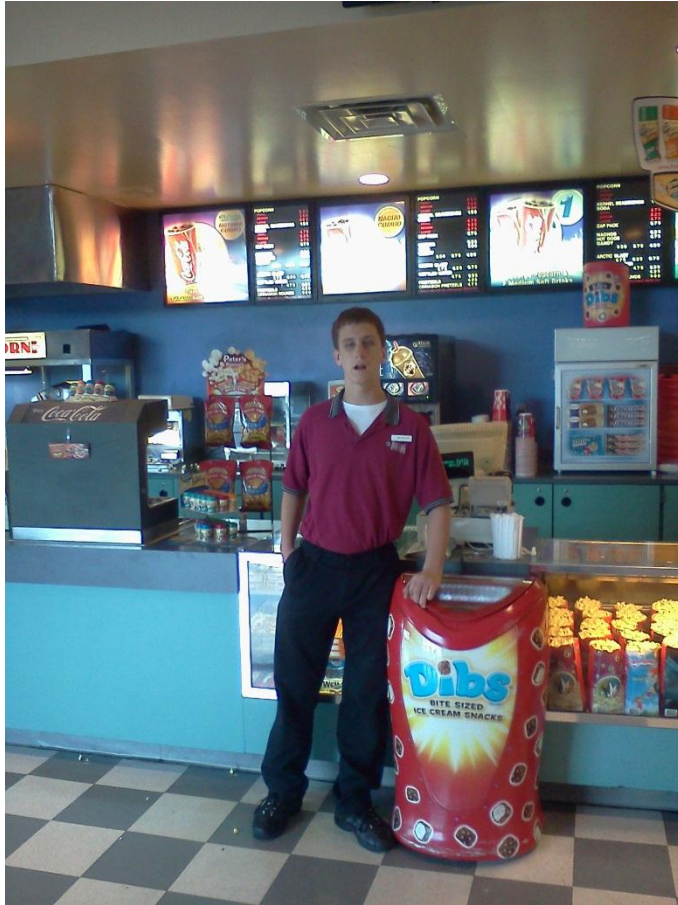
I AM A BOY SCOUT LEADER



FRAGILE X ADVOCACY DAY



EMPLOYEE OF THE MONTH



- I work at the movie theater, and I get to see all the movies I want. My family can go for free, too, as long as they buy the popcorn!

POPPY AND ME



- When I am not working at the movie theater, I take the bus to my grandpa's house to help him out because he has FXTAS.

THIS IS MY DOG, SAM

