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Asheville area mother creates Web site, book to focus on special needs kids

Local mom turns adversity into a way of helping others

By Bob Berghaus · March 28, 2010

ASHEVILLE — Lynn Rosser was pregnant with her second child when her older son, Aram, was diagnosed with autism.

Less than a month later, Rosser learned the child she was carrying had a congenital heart defect and would need surgery shortly after birth. Jaron Rosser, now 5, had three major surgeries during his first two years.

“It kind of all happened at once,” Rosser said. “Boom, here it is. A double learning curve with autism and social services, plus trying to figure out how to take care of Jaron, who is medically fragile.”

Those were rough days for Rosser and her husband, Chris. Would Jaron survive? What kind of services would Aram need?

Rosser was overwhelmed at first, but she eventually found strength and comfort through writing. Rosser also began charting her daily schedules to help her deal with the needs of Aram, now 8, and Jaron.

Her words and attention to detail became inspiration for a Web site, thecompletecaregiver.com, which is dedicated to parents with special needs children.

Rosser also turned her thoughts into “The Complete

Caregiver Journal Workbook,” which she self-published. The book is part daily planner but also contains advice from Rosser about dealing with everything from social services to the dietary needs of special needs children.

April is Autism Awareness Month, and 50 percent of the proceeds from books sold by Rosser during the month will go to the Autism Society of North Carolina. That’s her way of saying thanks to all of the people who have worked with Aram, who attends Jones Elementary.

“If I can do something for myself I want to do it for everybody,” said Rosser, who is choir director at Jubilee Community Church. “If I can figure something out that would help me then I want to share that.

“It became a desire to serve, a desire to give. I wish I could help everybody.”

Aram Rosser has moderate to severe autism, which is a disorder of neural development characterized by impaired social interaction and communication, and by restricted and repetitive behavior.

Jaron Rosser has hypoplastic left heart syndrome, which requires constant monitoring. “It’s a lifelong maintenance,” Lynn Rosser said.

Those who know Rosser, 42, understand why she developed the Web site and wrote the book.

“Lynn to me is very spiritual and that has helped her deal with everything, with the major things and the minor things with both of those boys,” said Ginny Smith, Aram’s teacher at Jones.

“It would be Lynn that would be thoughtful enough

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of other people at the same time.”

Husband Chris, a musician with the local band Free Planet Radio, was asked if “upbeat” would be the appropriate word to describe his spouse.

“I would definitely say that's true since I see her all the time,” he said. “There are definitely times where things overwhelm her and us, but I think she has a great way of turning it around and turning it into something positive like the complete caregiver site.”

As for the book, Chris Rosser said, “She's been chipping away at it a long time. When we got it you could see what an amazing accomplishment it was.”

Lynn Rosser says she wants to continue growing her Web site and try to reach as many families with special needs children as possible.

“This has been as much for me as for anybody else,” she said. “This has been my way of taking care of myself emotionally and mentally and intellectually, everything. That's a big part of it, too.”

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