

◆ *Into the Light* ◆

Volume 20 Issue 4 Autism Society, Central Virginia April 2012



AS-CV Mission & Philosophy

The Autism Society, the nation's leading grassroots autism organization, exists to improve the lives of all affected by autism. We do this by increasing public awareness about the day-to-day issues faced by people on the spectrum, advocating for appropriate services for individuals across the lifespan, and providing the latest information regarding treatment, education, research and advocacy.

2011–2012 OFFICERS AND BOARD:

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Newsletter Editor: Elizabeth Selko
Webmaster: Anthony Wiley
Childcare Coordinator: Francesca Jones

STAFF:

Executive Director: Bradford Hulcher
Asperger's Interest Group Facilitator: Brie King



JOIN US FOR AUTISM AWARENESS DAY AT KING'S DOMINION

**SUNDAY, APRIL 22
10 A.M. - 3 P.M.**

- Children with autism get “front of the line access” (no waiting)
- Gluten-free restaurants will be noted on a flyer at the entry gate
- Exhibitors
- ASCV Ferrellgas Charity Truck will be on site
- 5K team competition @ Eiffel Tower
- Award given to 5K team having the most representation at the park
- A portion of the proceeds from ticket sales go to benefit the Autism Society
- Tickets available NOW!! Purchase your Autism Awareness Day Kings Dominion tickets on-line for \$31.99 at
<https://shopcf.accesso.com/clients/cedarfair/affiliate/login.php?m=2867&ec=400>. Enter KDAAD07 for both the User Name and the Password.
- Tickets can also be purchased on the day of the event at Group Sales for \$34.99

NEWS FROM THE AUTISM SOCIETY, CENTRAL VA BOARD

In the month of March, the ASCV:

- Joined a statewide coalition of stakeholders, represented by the nationally recognized Bazelon Center, in support of the DOJ settlement agreement with the Commonwealth
- Collaborated with the Down Syndrome Association of Richmond to host our 5th Annual Recreation Resource Fair
- Hosted our monthly Inclusive Lego® Club
- Hosted a bowling party for teens
- Exhibited at Blackwell Elementary School's Health Resource fair
- Exhibited at Commonwealth Autism Service's Annual Conference
- Exhibited at Tucker High School's Transition Fair
- Met with Henrico County Public Schools' Executive Director of Exceptional Education
- Participated as a member @ the Virginia Autism Council's bimonthly meeting

This newsletter is a publication of: Autism Society, Central VA □ P.O. Box 29364 □ Richmond, Virginia 23242-0364 (804) 257-0192

We accept for consideration any comments, personal vignettes, book reviews, information, announcements or advertisements for publication in our chapter newsletter. The deadline for submission for the May newsletter is April 15. You may send your contributions to the Chapter at the above address or email contributions to SELKO1@aol.com.

The Autism Society, Central Virginia does not endorse nor promote any program or service provider. The information contained in this newsletter is provided for informational purposes only. The Chapter is a volunteer organization providing information, support and encouragement to parents, family members and professionals in the Central VA area.

This edition was edited by Elizabeth Selko and Bradford Hulcher.

Thank You For the Following Donations

Rappahannock Woman's Club
Pat & Keith Dankhoff
Stephen & Christy Evanko
Shannon Haworth
Hunter & Sheryl Jenkins
Brendan Moran
Karl Koenig
Michael Hamway
Margaret (Jorda) Mezey in Memory of
James Stevens
James & Diana Marilla
Jane Rule in Honor of Ann Vernon
Andy's Automotive & Transmissions, Inc. in
Honor of Kyle & Kory
Lee District of the GFWC VA

Would You Like To Place An Ad in "Into The Light" ?

Our newsletter reaches over 500 families, professionals and educators on a monthly basis. If you would like to place an advertisement, please email it to asacv.org or mail it to the Chapter at P.O. Box 29364, Richmond, VA 23242-0364. Call the Chapter if you have any questions. Deadline for entry is the 15th of each month.

Ad Rates:

- \$25.00 1/8 Page
- \$50.00 1/4 Page
- \$75.00 1/2 Page
- \$100.00 Full Page

Discounts/Non Profits/Long Term Ads (3 months or longer) may have negotiated rates with board approval.

The board reserves the right to refuse to place an advertisement

RAISING AWARENESS DURING NATIONAL AUTISM

What can you do to raise awareness in your school, neighborhood, or faith community this month? You might:

- Donate a children's book about autism to your local or school library; we can help you with suggestions
- Write an article about National Autism Awareness month or how autism has impacted your life; share it with your PTA or faith community newsletter or your community newspaper.
- Form a team for the 5K Run/Walk for Autism (May 26; www.ascv5k.com) and invite friends and neighbors to join you!
- Send your school board representative, delegate, and senator information about National Autism Awareness Month and how autism affects your life.
- Purchase or make an autism awareness lapel pin; wear it every day during April (the ASCV has lapel pins available for purchase)
- Create a bulletin board at your school, faith community or place of work to raise awareness about autism. Themes could include the warning signs of autism, the strengths of people with autism or famous people with autism.
- Download 2 resources from the National Autism Society website to share with typical peers (http://support.autism-society.org/site/PageServer?pagename=shop_downloads):
 - ***Growing Up Together*** (For School-Aged Peers)
This 4-page, large-type booklet is targeted to elementary-aged school children. It uses simple language to talk about what autism is and how to become friends with someone on the autism spectrum.
 - ***Growing Up Together Teens with Autism*** (For Middle School-Aged Peers)
This 4-page, booklet is written for teenagers. It uses basic language to talk about what autism is and how to be friends with someone on the autism spectrum
- Host a movie night for friends, family, church members, youth groups or kids to watch a story about autism; great choices might be:
 - ***Temple Grandin***
 - ***Autism Is a World***
 - ***Autism, the Musical***
 - ***Mozart and the Whale***

UPDATE ON ASCV 5K RUN/WALK FOR AUTISM

Join us for the 10th Annual 5K Run/Walk for Autism, May 26 at Innsbrook Pavilion. Register, donate, form a team, volunteer - all can be done at www.ascv5k.com!! Follow us on Facebook and Twitter for updates and information!



Conferences, Workshops, and Webcasts

April 10 **An Extra Ordinary Life: Using Person Centered Planning** free webcast from VCU Autism Center for Excellence; to register:

<http://www.vcuautismcenter.org/training/webcasts/upcoming.cfm>

April 21 **Unlocking Tomorrow: Successful Transition for Students with Autism** featuring NY Times bestselling author David Finch; sponsored by Charterhouse School; 1 p.m. to 4 p.m.; for more info: <http://www.charterhouseschool.org/>

April 27 **Current Trends in Autism: Education, Technology, and Employment** sponsored by GRACE (Greater Richmond Autism Coalition for Equality); free; 6 p.m.- 8:30 p.m.; dinner provided; J. Sergeant Reynolds Downtown Campus; for info: 371-3000

April 28 **Job or Career - It's Up to You!** learn about becoming a consumer-directed assistant; a consumer-directed assistant helps an individual with a disability with supports needed to live in the community; sponsored by Resources for Independent Living; free; Richmond; to learn more: 353-6503 Ext 135

For additional information on autism conferences and workshops in VA, visit www.autismtrainingva.org



ANNUAL SPRING ASCV MEMBER PICNIC SAVE THE DATE - MAY 5!

ASCV members, watch your e-mail for an Eventbrite to register for our annual spring picnic. Once again, we'll gather at Roslyn for an afternoon of great food and fun including moon bounces, games and fun outdoor activities! Free to chapter members and their families!

AUTISM SOCIETY APRIL CALENDAR

The Autism Society, Central VA will sponsor the following meetings in April. All meetings are free and open to the public unless otherwise noted. Meetings take place at River Road United Methodist Church, 8800 River Road unless otherwise noted. For information: 257-0192 or asacv@aol.com

April 2	7:00 p.m.	Parents of <u>Children</u> with Asperger's Syndrome/HFA Interest Group
April 3	7:00 p.m.	Board Meeting
April 14	all day	Fundraiser for ASCV @ Panda Express, Short Pump Town Center; 20% of purchase goes to ASCV w/ coupon
April 16/23/30		Transition to Adulthood w/ ASD: What Parents and Guardians Need to Know see flyer insert
April 18	10.00 a.m.	Parents of <u>Children</u> with Asperger's Syndrome/HFA Interest Group
April 19	10:00 a.m.	Biomedical Interest Group
April 21		Inclusive Lego® Club @ Bon Air Library; open to children of all abilities grades K- 8 (check www.asacv.org for time)
April 22	10 a. - 3 p.	Kings Dominion Autism Awareness Day
April 25	5 p. - 9 p.	Mosaic Cafe Community Give Back proceeds benefit the Autism Society
April 28	5 p. - 8 p.	Chik-fil-A Autism Awareness Night 12301 Chattanooga Plz Midlothian to benefit the Autism Society
April 30	7:00 p.m.	Adults w/ Asperger's/High Functioning Autism Interest Group (<i>open only to adults w/ AS/HFA</i>)
April 30	7:00 p.m.	Parents of Adults with Autism Interest Group

**AUTISM SOCIETY, CENTRAL VA
JOINS COALITION TO SUPPORT
DEPARTMENT OF JUSTICE
SETTLEMENT**

The Bazelon Center for Mental Health Law is representing a state-wide Coalition of Stakeholders, including the Autism Society, Central VA, that has formed to support the settlement agreement between the Department of Justice (DOJ) and Commonwealth of Virginia creating opportunities for thousands of individuals with intellectual and other developmental disabilities (ID/DD) to receive services in community settings rather than institutions.

This settlement agreement commits to creating a minimum of 4170 new waivers over a period of ten years to enable individuals with ID/DD in state training centers and other institutions to transition to the community, as well as to prevent the institutionalization of individuals with ID/DD. In addition, the Commonwealth will create a family support program to serve at least 1000 people with ID/DD most at risk of institutionalization, will establish a full range of crisis services, and will provide employment supports and other services. The settlement agreement also has significant accountability and oversight requirements focused on health and safety protections.

The Coalition's core principles are:

- We support the Settlement Agreement between the Commonwealth of Virginia and the Department of Justice. The Court should approve the Agreement.
- Individuals with intellectual and other developmental disabilities (ID/DD), including those individuals with the most complex needs, can live successfully in the community.
- The Settlement Agreement affords a long overdue opportunity for thousands of individuals with ID/DD to live in integrated community settings and to lead lives similar to those of people without disabilities.
- The oversight, accountability and quality management mechanisms built into the Settlement Agreement will ensure that people with ID/DD will receive safe, high quality and individualized services.
- The Settlement Agreement will help keep families together.

The Coalition is coordinating a letter-writing campaign to encourage and assist families, self-advocates, providers, friends, co-workers, and other community members to help

Judge Gibney understand the value of the settlement agreement to the lives of individuals with ID/DD and their families, friends, and communities. The deadline for the Court to receive such letters is April 6. Tips for letter writing can be found here:

http://www.thearcofva.org/docs/help_write_your_letter.pdf

**Mosaic Cafe Community
Give Back Night
to Benefit the Autism
Society of Central VA**

Wednesday April 25th 5p-9p.

A portion of the proceeds (dine in and take out) benefits the ASCV

100% of all tips left for the Celebrity Bartenders benefit the ASCV

Stay tuned for the announcement of our featured celebrity bartenders!

Mosaic Café, 6229-A River Road,
Richmond, VA 23229

804-288-5915

www.mosaicedibles.com

**Thanks to Our March
Volunteers!**

Pi Kappa Alpha for helping w/ the Lego® Club
Varina JROTC for helping w/ Teen Bowling Party
Caroline Selko for Assistance w/ the Newsletter
Sam Hulcher for Assistance w/ the Recreation
Resource Fair

Community Events/ Meetings of Interest

April 2 **Aspie Bible Study** meet on the first and third Monday of each month @ Good Shepherd UMC, 9155 Hungary Rd, Richmond; 7:15 pm. - 9 p.m.; call Shawn at 804-339-4393 for info; open to mature teens 17 or older and adults with HFA/Asperger's

April 3 **Young Life Capernaum Westend** an inclusive faith based group for teens and young adults with disabilities; 6:45 - 8:15 p.m.; for information, contact Katherine at westendcapernaum@hotmail.com

April 5 **Young Life Capernaum Hanover** an inclusive faith based group for teens and young adults with disabilities; 6:30 - 8 p.m.; for information, contact Clint at clint.dowda@gmail.com

April 12 **Hanover County Special Education Advisory Committee** open house 6 to 6:45; meets at 7 p.m. at Hanover County School Board Office; topics: Unmet Needs & Annual Plan; open to the public; for info: <http://hcps.us/instruction/parentresource/SEAC.htm>

April 12 **Richmond Asperger's Meetup** the second Thursday from 7-9 pm @ River City Diner on Parham Rd.; a place where older children (age 11-17) can meet other Aspergers children and siblings/adults with Asperger's can meet together and/or share information with parents of kids with AS; RSVP at <http://www.meetup.com/aspergers-397/>

April 14 **Buddy Break** a free respite care program for children with special needs ages 3-21 and their siblings ages 3-11; 10 a.m. - 1 p.m.; sponsored by Trinity Lutheran Church, North Parham Rd; for info: Carolyn Hassan 804-270-4626 BuddyBreak@TrinityRichmond.net

April 17 **Young Life Capernaum Westend** an inclusive faith based group for teens and young adults with disabilities; 6:45p.m. - 8:15 p.m.; for information, contact Katherine at westendcapernaum@hotmail.com

April 17 **Young Life City Capernaum** an inclusive faith based group for teens and young adults with disabilities; 6:30 - 8 p.m.; for information, contact Stefan@ stefanmkling@gmail.com

April 17 **Richmond/Northern Chesterfield Asperger's Meetup** third Tuesdays @ Positive Vibe Cafe, 6:30- 8:30; RSVP at <http://www.meetup.com/aspergers-397/>

April 18 **Special Nights for Special Needs** sponsored by the Children's Museum; especially for children age 10 and under

with special needs and their families. Enjoy all the museum has to offer and benefit from the availability of adapted materials, special activities, a cool-down space and reduced number of visitors. 5:30 - 7:30; free

April 18 **Chesterfield County Special Education Advisory Committee** 4:30 - 6 p.m. at the Fulghum Center; 4003 Cogbill Road. Open to the public; for details, call (804) 594-1732.

April 19 **Young Life Capernaum Hanover** an inclusive faith based group for teens and young adults with disabilities; 6:30 - 8 p.m.; for information, contact Clint at clint.dowda@gmail.com

April 19 **A Journey of Rest and Restoration**; a monthly Christian-based support group designed for couples/caregivers of children with any special needs; 7 to 8:30 p.m.; Mechanicsville Christian Center; free childcare and sign language interpreter; pre-registration required; contact bfrank.ResourceConnectioninc@gmail.com

April 21 **Buddy Break** a free respite care program for children with special needs ages 3-21 and their siblings ages 3-11; 10 a.m. - 1 p.m.; must preregister; sponsored by Southside Church of The Nazarene, Courthouse Rd; contact Amy Morgan @ 804-778-7800 ext. 247 or buddybreaksouthsideva@gmail.com

April 22 **Rhythms of Grace** a ministry to and with special needs children and their families @ St. Mary's Episcopal Church, 12291 River Road; 1 - 2 p.m.; for info: contact Sara at sgrattan@stmarysgoochland.org or 347-8755

April 23 **Aspie Bible Study** meet on the first and third Monday of each month @ Good Shepherd UMC, 9155 Hungary Rd, Richmond; 7:15 pm. - 9 p.m.; call Shawn at 804-339-4393 for info; open to mature teens 17 or older and adults with HFA/Asperger's

April 24 **Henrico County Special Education Advisory Committee** meets 6:30 p.m. to 8:30 p.m. at Fairfield Middle School; topics: Inclusion, Diploma Options; open to the public; for info: seac@henrico.k12.va.us

April 28 **Trip to Maymont** with Dominion ABA and Socialights; join other families for a trip to Maymont; 11:30 - 1:30.; RSVP by 4/24 to wendy@dominionyouthservices.com

April 28 **Connections Resource Fair** @ the Children's Museum; 9:30 a - 12:30 p; free admission; over 60 exhibitors; magician Jonathan Austin; free dental screenings and fluoride varnish; therapeutic horseback riding; child-friendly entertainers; arts and crafts; pet therapy dogs; free legal and financial consultations

Autism Society, Central Virginia
P.O. Box 29364
Richmond, VA 23242-0364
(804) 257-0192

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