

# ◊ *Into the Light* ◊

Volume 21 Issue 3 Autism Society , Central Virginia March 2013

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## REGISTRATION OPEN FOR MAY 25 RUN/WALK FOR AUTISM

### **WWW.ASCV5K.COM**

Visit our new and improved 5K website!! On the website, you can register for the 5K, form a team, volunteer, fundraise, and much more! May 25 will be here before you know it - don't delay!!

### **Tag Line Contest Winner Announced!**

A huge congrats to Elizabeth Prillaman for winning the 2013 tagline competition! "Lifting Our Soles for Autism" was her winning entry!

### **Volunteers Needed**

We are looking for volunteers to assist at our Monument Avenue 10K Expo booth at the Arthur Ashe Center on April 11 and April 12. We have the opportunity to share information about our 5K with over 40,000 folks! Volunteers will register participants and sign up volunteers for the Autism Society 5K.

Thursday April 11th

11am-2:30pm: 4 volunteers

5:30pm: 4 volunteers

5:30pm-9pm: 4 volunteers

Friday April 12th

11am-2:30pm: 4 volunteers 2:30pm-

2:30pm-5:30pm: 4 volunteers

5:30pm-9pm: 4 volunteers

If you can volunteer, email [ascv5k@echelon-events.com](mailto:ascv5k@echelon-events.com) to reserve your space!

### **Sponsorship Opportunities**

Do you own or work for a business that values local efforts to support children, youth, and adults with ASD and their families? Remember, all the money raised for this effort stays right here in the metro Richmond community to help local families affected by autism. You can download our Sponsorship Packet at <http://ascv5k.com/sponsors/> or contact [ascv5k@echelon-events.com](mailto:ascv5k@echelon-events.com).



## 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.

### 2012-2013 OFFICERS AND BOARD:

**President:** Bill Thompson

**Vice President:** Kelly Domaleski

**Treasurer:** Adam Bailey, CPA

**Meeting Secretary:** Katherine Gray, J.D.

**Corresponding Secretary:** Tim Jones

**Board members:** Chele Brandon  
Dave Faulders, J.D.  
Norm Geller Ph.D.  
Nate Harry CPA  
Shannon Haworth  
Shawn Kirk  
Donna Sabel E. D.

### KEY VOLUNTEER POSITIONS:

**Office Manager:** Tammy Burns

**Newsletter Editor:** Elizabeth Selko

**Webmaster:** Anthony Wiley

### STAFF:

**Executive Director:** Bradford Hulcher

**Asperger's Interest Group Facilitator:** Brie King

**Child care Supervisor:** Deo Smith

## MARCH 8 AUTISM SOCIETY MEETING 2 EVENTS!

### 6th Annual Recreation Resource Fair 6:30 p.m. - 8 p.m.

At our 6th Annual Recreation Resource Fair, you'll have the opportunity to meet and talk with over 13 exhibitors who provide social or recreational opportunities to children, youth, and/or adults with ASD! The exhibitors will be available to share information between 6:30 p.m. and 8 p.m.

### Dads Only! A Workshop For Dads of Boys With ASD 6:30 p.m. - 8 p.m.

Dads, learn how to share your knowledge of the finer points of being a guy with your son with ASD! The things that are unique to men do not often come easy to boys on the autism spectrum. We will discuss:

- personal hygiene (e.g., beyond a little Old Spice)
- urinal, stall and other bathroom behavior
- the difference between public and private and how to enforce those distinctions at home

Staci Carr, Ed. M, M.S will build on the information presented at our February meeting in this "Dads Only" workshop. (Uncles, grandfathers, and other father figures in a boy's life are also welcome). **Please register for this free workshop @ <http://marlego.eventbrite.com/>**

Since 1993, Staci has been working and conducting research in the field of Autism Spectrum Disorders, specifically Social Skills Training. She is currently pursuing her Ph.D. in Developmental Psychology at Virginia Commonwealth University and works at the VCU Autism Center for Excellence.

### Child/Teen Care Reservations

The resource fair and workshop will take place at River Road United Methodist Church, 8800 River Road in Richmond. Free supervision for children and youth is available although space is limited; reservations are taken through March 1 by emailing the Society at [asacv@aol.com](mailto:asacv@aol.com) with the names and ages/grades of your child(ren).

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 newsletter. The deadline for submission for the March newsletter is March 15. You may send your contributions to the above address or email contributions to [SELKO1@aol.com](mailto: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 Society is a 501(c)3 organization providing information, support and encouragement to individuals with autism, their families and professionals in the Central VA area.

This edition was edited by Elizabeth Selko and Bradford Hulcher.



## NEWS FROM THE AUTISM SOCIETY, CENTRAL VA BOARD

At the February Board of Directors meeting, Sandi Wiley stepped down from her position as President but will continue to serve on the Board. Thanks to Sandi for 2 1/2 years of dedicated service as Board President to the Society!

Bill Thompson was voted in as President of the Society. Bill has previously served as Meeting Secretary and Chair of the Governance and Board Development Committee. He is a retired Dominion Power executive and has an adult son on the spectrum. Bill and his wife Betty live in Chesterfield.

Karen Singleton is stepping down from the board but will stay engaged on the 5K Walk/Run Committee. We appreciate Karen's service on the board!

The board voted Katherine Gray into the position of Meeting Secretary.

Welcome to new board members, Chele Brandon and Shannon Haworth!

Chele works in the financial industry, is a nutrition consultant and a commercial model. Chele is a graduate of William and Mary and Partners in Policymaking and mom to three kids on the spectrum.

Shannon received her Masters from GWU. She is currently a VCU VA-LEND student and is pursuing certification as a BCBA. Shannon is mom to a child on the spectrum.

The Autism Society Central VA worked to fulfill our mission to "improve the lives of all affected by autism" in February in the following ways:

### Education

- Sponsored a workshop on *Puberty, Sexuality, and ASD* that was attended by 100 people
- Participated in Henrico High School's Transition Fair

### Services and Supports

- Sponsored bowling leagues for elementary school students with ASD and middle and high school students with ASD
- Sponsored Inclusive Lego Club
- Sponsored Asperger's Middle School Social Club
- Sponsored Asperger's Interest Group for Parents of Children

## Conferences, Workshops, and Webcasts

Mar. 12 **The Social Side of ASD** making and building sustainable relationships is something that many people take for granted but is an extreme challenge for our students with ASD. This presentation will offer participants an opportunity to understand the social domain of Autism Spectrum Disorders and an overview of Evidence-Based Practices for teaching and increasing social skills; free webcast from the VCU Autism Center for Excellence; register here: <http://www.vcuautismcenter.org/training/webcasts/upcoming.cfm>

Mar. 12 **Understanding Special Education** will cover the laws and regulations concerning the special education process including parental rights and responsibilities, the special education cycle, accessing records, and writing an Individualized Education Program (IEP); sponsored by the Hanover County Parent Resource Center; 7 p.m. @ Rural Point ES; RSVP to 365-4596

Mar. 13/14 **Autism: Illuminating the Future** Commonwealth Autism Service Annual Conference; fee; for info: <http://www.autismva.org/2013conference>

Mar. 26 **Annual Make-It-and-Take-It Extravaganza** sponsored by the Hanover County Parent Resource Center RSVP to 365-4596

Apr. 1 - 30 **Autism Spectrum Disorders for Paraprofessionals: Providing Effective Instruction and Supports** free online self-paced course from VCU ACE; to register: [www.vcuautismcenter.org/training/paraprofessionals.cfm](http://www.vcuautismcenter.org/training/paraprofessionals.cfm)

For additional information on autism conferences and workshops in VA, visit [www.autismtrainingva.org](http://www.autismtrainingva.org)

## THANKS TO THE FOLLOWING VOLUNTEERS IN FEBRUARY!

Skills Development Center  
Pi Kappa Alpha @ VCU  
Alpha Xi Delta @ VCU

## HOME & COMMUNITY BASED MEDICAID WAIVER WORKSHOP MARCH 22, 2013

Medicaid Waivers can provide services and supports, such as respite, assistive technology, residential supports and more, for children and adults with developmental disabilities to live successfully in the community. ELIGIBILITY IS NOT BASED ON PARENTAL INCOME. During this free workshop, the following topics will be covered:

- What services are available
- How to decide which Waiver you need
- Who does the screening
- How to get screened
- How to appeal

The workshop is free and open to the public and will be held from 10 a.m. to 11:30 p.m. at River Road UMC, 8800 River Rd., Henrico 23229. **To ensure that we have enough handouts, please register at <http://vawaivers.eventbrite.com/>**

## AUTISM SOCIETY MARCH CALENDAR

The Autism Society, Central VA will sponsor the following meetings in March. For information: 257-0192 or [asacv@aol.com](mailto:asacv@aol.com)

3/4	7:00 p.m.	<b>Asperger's Interest Group</b> for parents of school aged children with AS
3/5	7:00 p.m.	<b>Board Meeting</b>
3/8	6:30 p.m.	<b>6th Annual Recreation Resource Fair</b>
3/8	6:30 p.m.	<b>Asperger's Middle School Social Club</b> pre-registration required; e-mail <a href="mailto:asacv@aol.com">asacv@aol.com</a>
3/8	6:30 p.m.	<b>Dad's Only Workshop</b> register @ <a href="http://dadsonly.eventbrite.com/">http://dadsonly.eventbrite.com/</a>
3/16	1:00 p.m.	<b>Inclusive Lego Club</b> for children of all abilities in grades K - 8; Sandston Library free but registration required: <a href="http://marlego.eventbrite.com/">http://marlego.eventbrite.com/</a>
3/18	10:00 a.m.	<b>Autism Interest Group</b> for parents of children w/ ASD
3/21	7:00 p.m.	<b>Autism Interest Group</b> for parents of children w/ ASD
3/22	10:00 a.m.	<b>Medicaid Waiver Workshop</b> register @ <a href="http://vawaivers.eventbrite.com/">http://vawaivers.eventbrite.com/</a>
3/24		<b>Bowling League for Elementary School Children w/ Autism</b> , Grades K-5 FREE for Society members; \$25 /non-members (includes annual membership fee) ; preregistration required
3/24		<b>Bowling for Middle/High School Students w/ Autism</b> FREE for Society members; \$25/non-members (includes annual membership fee); preregistration required
3/25	7:00 p.m.	<b>Parents/Family Members of Adults with Asperger's</b>
3/25	7:00 p.m.	<b>Adults with Asperger's/HFA Interest Group</b> (open only to adults w/ Asperger's/HFA)

## Community Events/ Meetings of Interest

Mar. 1 **TACA** 7 - 9 p.m.; @ St. Andrews United Methodist Church, 9801 Fort King Road, Richmond; for info: LisaAnn.Setchel@TacaNow.org

Mar. 4 **Hanover County Special Education Advisory Committee** *Transition Outcomes: Planning Guide; Review of By-Laws* @ School Board Office; 7 p.m.; open to the public; for info: [rob.rlipc@comcast.net](mailto:rob.rlipc@comcast.net)

Mar. 4 **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.; repeats 3/18; call Shawn at 804-339-4393 for info

Mar. 6 **Transition Fair** @ Glen Allen High School; 6 p.m. - 8 p.m.

Mar. 5 **Young Life Capernaum City** an inclusive faith based group for middle and high school students with disabilities; repeats on 3/19; 6:30 p.m.; Richmond; for info: [citycapernaum.rva@gmail.com](mailto:citycapernaum.rva@gmail.com)

Mar. 7 **Young Life Capernaum Hanover** an inclusive faith based group for middle and high school students with disabilities; repeats on the 14th and 28th; Burkwood Clubhouse; 6:15; [clint.dowda@gmail.com](mailto:clint.dowda@gmail.com) or call 814-7433

Mar. 9 **Buddy Break** a free respite care program for children with special needs ages 3-21 and their siblings ages 3-11; 6:30 - 9:30 p.m.; sponsored by Trinity Lutheran Church, 2315 N. Parham Rd., Henrico; RSVP to 804-270-4626 or [BuddyBreak@TrinityRichmond.net](mailto:BuddyBreak@TrinityRichmond.net)

Mar. 13 **Chesterfield County Special Education Advisory Committee** @ the Fulghum Center; 5 - 6:30 p.m.; open to the public; for info: 594-1732

Mar. 14 **Young Life Capernaum Chesterfield** an inclusive faith based group for middle and high school students with disabilities; Mt. Pisgah UMC, Midlothian; 6:30 p.m. - 8 p.m.; for info: 757- 651-5223

Mar. 14 **Richmond Asperger's Meetup** the second Thursday from 7-9 pm @ River City Diner on Parham Rd.; RSVP at <http://www.meetup.com/aspergers-397/>

Mar. 16 **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 Southside Nazarene Church, Courthouse Rd.; 804-778-7800 ext. 247 or [BuddyBreakSouthsideVA@gmail.com](mailto:BuddyBreakSouthsideVA@gmail.com) for info

Mar. 17 **Rhythms of Grace** a special worship service to and for children w/ special needs and their families; the third Sunday of each month @ St. Mary's Episcopal Church, 12291 River Rd, Goochland; 1 - 2 p.m.; for info: 347-8755

Mar. 19 **Richmond/Northern Chesterfield Asperger's Meetup** third Tuesdays @ Positive Vibe Cafe, 6:30- 8:30; children 10+ diagnosed with Asperger's, HFA, PPD-NOS, and ADHD and their parents, as well as adults with these diagnoses, are welcome RSVP at <http://www.meetup.com/aspergers-397/>

Mar. 19 **Monkey Joe's Special Needs Night** every third Tuesday from 5 p.m. to 7 p.m.; kids ages 2 - 12 w/ special needs just \$5; closed to the public; siblings welcome; 11304 Midlothian Tnpk, Richmond; 897-5867

Mar. 21 **Asperger's Support Meeting** meets 6:30 p.m. on 3rd Thursday at Midlothian YMCA; 804-908-7246 or email [RobinDavis@RichmondAutism.Org](mailto:RobinDavis@RichmondAutism.Org)

Mar. 21 **Young Life Capernaum West End** an inclusive faith based group for middle and high school students with disabilities; repeats 3/28; West End Presbyterian Church, Henrico; 6:30 - 8:00; for info: [westendcapernaum@hotmail.com](mailto:westendcapernaum@hotmail.com)

Mar. 21 **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](mailto:bfrank.ResourceConnectioninc@gmail.com)

Mar. 26 **Henrico County Special Education Advisory Committee** open to the public; 6:30 p.m. to 8:30 p.m. at Moody Middle School; topics: *Transition, Medicaid Waivers, 2013-2014 Special Education Plan*

## Thank You For the Following Donations

Kimberly Clark Foundation  
Matching Gift in Memory of Michael Morlino

Karl Loenig  
Elizabeth Sayre  
Hank and Michele Keiper  
Paul Ackman

### Directions to ASCV meetings River Road United Methodist Church

#### From the East:

-64 West to Exit 181 Parham Road South  
\*Drive 2 miles till you reach a traffic light for River Road. Be in the left hand land and turn left onto the on ramp. At the stop sign turn right on to River Road

\*\*Go approximately .2 miles and the church will be on your right.

Turn right onto Doverland Road. Turn right into the church parking lot. To the back left of the church is a door that says "office". Go into this door and meetings are held inside at the first door on your right.

#### From the West:

I-64 east to Exit 181 Parham Road South.  
Follow all directions that are written above for coming from the east. \*

#### From the North:

I-95 South to I64 west then follow the same directions as written above under the East.\*

#### From the South:

I-95 North to 1150 Chippenham Parkway North. Go over the Willey Bridge crossing the James River. At the first light turn right on to the on ramp for River Road. At the stop sign turn right on to River Road. Follow directions above at the \*\*

## SAVE THE DATE!

MAY 4 NOON TO 3 P.M.

ANNUAL AUTISM SOCIETY MEMBER  
PICNIC



### 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](mailto: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



## MEMBERSHIP FORM

Join with hundreds of individuals with autism, their families and other caring individuals; become a part of a larger community - the Autism Society, Central VA. We can't be heard alone, but with more voices joining daily, that small voice can become a roar. We invite you to become a part of a community of hope.

### Membership in the Autism Society, Central VA provides the following benefits:

- ASCV's monthly newsletter, the leading local resource for information regarding local and state autism-related issues, workshops, and community events
- ASCV's weekly e-mail updates
- Access to ASCV lending library
- Free chapter sponsored social/recreational activities; discounted workshops

### Membership Levels:

\_\_\_ \$5 ~ Self-Advocate (Adult w/ ASD)      \_\_\_ \$25 ~ Household      \_\_\_ \$1500 ~ Lifetime

Names(s): \_\_\_\_\_

Address: \_\_\_\_\_ Phone # \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail address: \_\_\_\_\_

(By providing your e-mail, you will receive our weekly e-mail; your e-mail will be kept confidential.)

### Additional Donation:

\_\_\_ \$25      \_\_\_ \$50      \_\_\_ \$100      \_\_\_\_\_ please specify amt.

### Payment information:

\_\_\_ Check (made payable to **Autism Society**) \_\_\_ Visa \_\_\_ Mastercard

Name on card: \_\_\_\_\_ Expiration: \_\_\_\_\_

Card #: \_\_\_\_\_

CVV# (security code on back of card) \_\_\_\_\_

Signature: \_\_\_\_\_

### Please mail or fax w/ payment to:

Autism Society, Central VA

P.O. Box 29364

Richmond, VA 23242 (804) 290-0286 (fax)

For information on joining the Autism Society, National, visit: <http://www.autism-society.org/>

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