

◆ Into the Light ◆

Volume 20 Issue 5 *Autism Society, Central Virginia* May 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:

President: Sandi Wiley
Vice-President Fundraising: Pam Mines
Vice President Outreach: Tiffany Robertson
Treasurer: Karen Singleton, M.D.
Meeting Secretary: Bill Thompson
Corresponding Secretary: Marty Shields
Board members: Kelly Domaleski
Norm Geller Ph.D.
Shawn Kirk
Donna Sabel
Dave Faulders, J.D.

KEY VOLUNTEER POSITIONS:

Office Manager: Tammy Burns
Newsletter Editor: Elizabeth Selko
Webmaster: Anthony Wiley
Childcare Coordinator: Francesca Jones

STAFF:

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



**REGISTER TODAY FOR
THE AUTISM SOCIETY'S
10th ANNUAL 5K RUN/
WALK FOR AUTISM
MAY 26, 2012!!**

Join us for our 5K Run/Walk for Autism on Saturday, May 26 at the Innsbrook Pavilion in Glen Allen. Our annual 5K is the primary fundraiser for the Autism Society. Every penny raised goes to support our mission of improving the lives of all impacted by autism. And it all stays right here in the metro Richmond community.

We'll have refreshments, music, a fun filled KIDS ZONE and lots of exhibitors for a packed morning of fitness and activities for all ages.

Online registration at www.ascv5k.com ends Wednesday, May 23 at 12 a.m. You may register in person at packet pick-up on May 24 and 25. There will be no onsite registration on the day of the event. Everyone who registers by May 1 will receive a t-shirt with our run logo.

TEAMS

Many families form teams to honor their loved ones with autism, while others form a group based on a place of work, club or civic organization. The person who would like to be the team captain should register first and provide team name when prompted. Then, let your friends and family know that your team has been formed! When your friends and family register, they will be asked if they are joining a team and will be automatically linked and added to your roster.

Many teams designate themselves with special t-shirts, buttons, hats, or signs. Your team may walk with a sign or banner, provided you are mindful of the runners and yield to the other participants. Team captains are asked to drop off an item, such as the team shirt, to the fundraising/donation table on the morning of the race for a special Team Display. An award for creativity and spirit is given to one team in honor of Dr. Don Mayfield.

(Continued on page 3)

May 11 Chapter Meeting: Creating Positive Behavioral Change

All of us have developed behavior patterns to help us get what we want. Unfortunately, not all behavior patterns are positive, and negative behavior patterns can cause a lot of conflict. This is especially true in families where communication can be affected by a child's autism.

During the past 30 years, Dr. Kenneth Macurik, a Board Certified Behavior Analyst at the Doctoral level, has worked with people with disabilities and has helped them (and those around them) turn negative behavior patterns into positive ones. Dr. Macurik will offer useful, practical tips for understanding people's behaviors and developing strategies to "turn things around."

Dr. Macurik is Senior Director of Developmental Disabilities Services at St. Joseph's Villa. He joined the Villa staff in June, 2011. Ken earned a Master's degree and also a Ph.D. degree in Applied Behavioral Analysis from West Virginia University.

Autism Society meetings take place at River Road United Methodist Church, 8800 River Road in Richmond. Our meetings are free and open to the public. The library opens at 6:30 p.m. and meetings begin promptly at 7 p.m. Free supervision for children and youth is available although space is limited; reservations are taken through May 4 by e-mailing the chapter at 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 chapter newsletter. The deadline for submission for the June newsletter is May 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.

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 dorr on yur 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 **

10th ANNUAL 5K RUN/WALK

(Continued from page 1)

NEW THIS YEAR

In response to requests from many of our families, we have a map of the course, available online.

Also new this year is the opportunity to create custom t-shirts for yourself or your team through a link to Good Threads on our website. By clicking on the Good Threads link at www.ascv5k.com, you can order and customize a shirt for yourself or your team. A portion of the proceeds is donated to the Autism Society.

CAN'T MAKE IT THIS YEAR? YOU CAN STILL HELP!

Not in town on May 26? You can still help by helping to spread the word, encouraging others to participate. Or form a fundraising page at www.ascv5k.com. One year one of our families was with us in spirit, running and raising money while visiting family in another state!

individual with a disability with supports needed to live in the community; 9:00 a.m.-12:00 p.m. @ Resources for Independent Living, Inc 4009 Fitzhugh Ave., Suite 100 Richmond; free; registration required, call or e-mail: Kelly 353-6503 Ext 135 hickokk@ril-va.org

June 25-27 **Shaping the Future** an intensive three-day workshop designed to provide parents and professionals with training in the theory and application of ABA principles, specifically as they relate to children with autism. \$400 for parents and home therapists; also accepts payment by the DD Waiver Provider (#010264740) for Family and Caregiver Training; for info: www.viaschool.org

June 27-29 **National APSE Conference** keynote Temple Grandin; Arlington; FEE; for more info: <http://www.apse.org>

July 16 - 18 **Shining Stars** statewide conference will focus on evidence-based practices that connect the dots to quality early childhood practices, birth through 5; sponsored by VDOE, TTACs & DBHDS; FEE; VA Beach; for info: www.vcu.edu/ttac/

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

Conferences, Workshops, and Webcasts

May 8 **Applied Behavior Analysis: Just the Facts** free webcast; Dr. Dawn Hendricks will define ABA, introduce key terminology and will describe the key principles that are to be used by parents and educators. Real life examples of how these principles can be applied with individuals with ASD will be provided; register here: <http://www.vcuautismcenter.org/training/>

May 15 **Annual Make It and Take It Workshop** Discover the benefits of Visual Schedules, First-Then Boards, and Picture Exchange Communication Systems (PECS). Create your own customized boards, and help relieve anxiety about schedules, assist in communication, and facilitate easier transitions. You will leave the event with a complete communication board ready to use at home to help you and your family! free; @ the Henrico County Parent Resource Center, 5915 Nine Mile Road ; 6 p - 8 p; RSVP to: lhabernathey@henrico.k12.va.us

May 18 **Learn About Becoming a Consumer-Directed Assistant** a Consumer-Directed Assistant helps an

Thank You For the Following Donations

Donald & Jennifer Wade

Brendan Moran

Brian & Sarah Branch

Todd & Kelly Domalzeski

Tiffany Robertson

Amelia & Bill Wilson in Memory of Olas Grant
Czasman, Sr.

Newport News Board of Directors, Legal
Counsel & Staff of Economic Development in
Memory of Robert Crubgam, Sr.

Thanks to Our April Volunteers!

UR Coach Chris Mooney and Singer Songwriter Susan Greenbaum for "bartending" at the Mosaic Community Give Back

Pi Kappa Alpha VCU Chapter for helping w/ the Lego® Club

Caroline Selko for Assistance w/ the Newsletter

Shannon Haworth for manning the Springfield Park ES Exhibit

Thanks to the following for assistance at King's Dominion:

Brie King Tracy Ross

Glenn Robertson

Alpha Sigma Alpha VCU Chapter

AUTISM SOCIETY MAY CALENDAR

The Autism Society, Central VA will sponsor the following meetings in May. 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

May 1	7 p.m.	Board Meeting
May 5		Annual Member Picnic
May 7	7 p.m.	Parents of <u>Children</u> with Asperger's Syndrome/HFA Interest Group
May 10	10 a.m.	Parents of <u>Children</u> with Asperger's Syndrome/HFA Interest Group
May 11	7 p.m.	Chapter Meeting: "Creating Positive Behavioral Change"
May 11		Asperger's Middle School Friendship Group
May 12	all day	Fundraiser for ASCV @ Panda Express, Short Pump Town Center; 20% of purchase goes to ASCV w/ coupon
May 13		Middle/High School Bowling Party for ASCV members
May 17	10 a.m.	Biomedical Interest Group
May 19	1 p.m.	Inclusive Lego® Club @ Tuckahoe Library; open to children of all abilities grades K- 8
May 23		last day to register online for 5K
May 23	7 p.m.	Adults w/ Asperger's/High Functioning Autism Interest Group (open only to adults w/ AS/HFA)
May 23	7 p.m.	Parents of Adults with Autism Interest Group
May 26	8 a.m.	10th Annual 5K Run/Walk for Autism @ Innsbrook Pavilion

Community Events/ Meetings of Interest

May 3 **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

May 4 **TACA (Talk About Curing Autism)** meets first Friday of each month at St. Andrews UMC, 9801 Ft. King Rd; 7 - 9 p.m.; for info: <http://www.tacanow.org/local-chapters/northeast/virginia/>

May 6 **Trip to Maymont** with Dominion ABA and Socialights; join other families for a trip to Maymont; 1:30 - 3:30.; RSVP 5/1 to wendy@dominionyouthservices.com

May 7 **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

May 7 **Hanover County Special Education Advisory Committee** meets at 7 p.m. at Hanover County School Board Office; topics: Annual Plan Review; open to the public; for info: <http://hcps.us/instruction/parentresource/SEAC.htm>

May 8 **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

May 9 **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.

May 10 **Young Life Capernaum Chesterfield Interest Meeting** for those interested in forming a YLC, a an inclusive faith based group for teens and young adults with disabilities, in Chesterfield; 7 p.m. at Stony Point Reformed Church 2330 Buford Road, Richmond, VA 23235; for info: Mike at rawlsma@gmail.com

May 10 **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/>

May 12 **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

May 15 **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

May 15 **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/>

May 17 **Young Life Capernaum Hanover** an inclusive faith based group for teens and young adults with disabilities; 6:15 - 8 p.m.; for information, contact Clint at clint.dowda@gmail.com

May 17 **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

May 19 **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

May 22 **Henrico County Special Education Advisory Committee** meets 6:30 p.m. to 8:30 p.m. at Short Pump Middle School; topics: Autism: VCU ACE Partnership, Role of Autism Coordinators; open to the public; for info: seac@henrico.k12.va.us

NEWS FROM THE AUTISM SOCIETY, CENTRAL VA BOARD

In the month of April, the ASCV:

Advocacy

- Was party to an amici brief in support of Judge Gibney signing the DOJ Settlement
- Participated in a conference call with Senator Mark Warner regarding the needs of Virginians with ASD
- Participated in a DBHDS Individual and Family Support Fund Workgroup

Education

- Sponsored a 3 session workshop developed by the VA Autism Council: Transition to Adulthood: What Parents and Guardians Need to Know
- Hosted 5 support groups for parents and individuals on the spectrum

Awareness

- Exhibited at the Charterhouse School Transition Fair
- Exhibited at Springfield Elementary School's Spring Carnival
- Exhibited at the Greater Richmond Autism Coalition for Equality (GRACE) annual event
- Exhibited at the Connections Resource Fair at the Children's Museum'
- Hosted an Autism Awareness Day at Kings Dominion
- Exhibited at the Village of Faith Ministries Golden Egg Hunt
- Participated in Capitol One's Autism Awareness Event
- Hosted a Community Give Back Night at Mosaic Cafe with UR Coach Chris Mooney and Singer/Songwriter Susan Greenbaum
- Exhibited at Chik-fil-A Autism Awareness Night

Leisure

- Sponsored an Inclusive Lego Club
- Sponsored a middle school friendship group

HEALTHY DRAMA by The Arts Help

a drama/social skills program to help young people learn to express their feelings, interact appropriately, have fun, and be successful!

June 15 - August 18 Saturdays

10 am - 1 pm (includes lunch) ages 12 - 16, \$500

AND

2 - 4 pm, ages 7 - 11, \$350

Contact Erin Mahone (804)869-9804

erinmahone@gmail.com www.theartshelp.com

paid advertisement

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

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

Non-Profit
Organization
U.S. Postage
PAID
Richmond, VA
Permit No. 132

Address Service Requested