

# ◊ *Into the Light* ◊

Volume 21 Issue 5 Autism Society , Central Virginia May 2013

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**5K RUN/WALK MAY 25**  
***LIFTING OUR SOLES FOR AUTISM***  
**[www.ascv5k.com](http://www.ascv5k.com)**

There is still plenty of time to register for our 11th annual 5K Run/Walk for Autism on Saturday, May 25! This kid friendly event, held at the Innsbrook Pavilion, includes entertainment, food, exhibitors and a Kid's Fun Zone. This is our major fundraiser for the year; we need YOU to make it the best year ever!!

**Register today! There's no excuse not to!**

Afraid you can't complete the full 5K? We've got you covered this year with a trolley should you find you just can't make it to the end. Flag us down for a chance to rest or ride to the finish line.

Not in town that weekend? You can still register, create a fundraising page and/or team and do the 5K virtually!! Remember, this is our major fundraiser of the year, so we need your support and the support of your friends and neighbors.

**New and improved activities for the kids**

We'll have a 50 yard dash with prizes this year for the kids! In addition to bubbles, hula hoops, face painting and jump ropes, this year we have added a moon bounce and mini lessons from Master Cho's Taekwondo & Martial Arts for the kids.

**Teams**

As we go to press there are 49 teams signed up. There are school teams, church teams, neighborhood teams, work teams with some very creative names!! It's not too late to register and form your own team at [www.ascv5k.com](http://www.ascv5k.com) There are 4 different team prizes up for grabs: The Don Mayfield Spirit Award, the Largest Team Award, Best Team T-Shirt Award, and the Highest Fundraising Team Award.

**Volunteers**

If you want to volunteer, we have plenty of opportunities prior to the 5K at Packet Pick-Up or the day of the event. Visit [www.ascv5k.com](http://www.ascv5k.com) to view volunteer descriptions and register online.

## 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

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Norm Geller Ph.D.  
Nate Harry CPA  
Shannon Haworth  
Shawn Kirk  
Pam Mines  
Donna Sabel E. D.

### KEY VOLUNTEER POSITIONS:

**Newsletter Editor:** Elizabeth Selko

**Webmaster:** Anthony Wiley

### STAFF:

**Executive Director:** Bradford Hulcher

**Outreach Coordinator:** Tammy Burns

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

**Child care Supervisor:** Deo Smith

## Autism Society Welcomes New Outreach Coordinator

Beginning May 1, we will welcome Tammy Burns to our staff! Tammy will assume the newly created part time position of Outreach Coordinator. As Outreach Coordinator, Tammy will represent the Society at community events, facilitate support groups, respond to calls, provide support at Society workshops and events, coordinate volunteer opportunities, and provide support to the Executive Director and the Board as needed.

Tammy has a long relationship with the Autism Society, beginning with the diagnosis of her son over a decade ago. Tammy has held leadership positions with the Society, including service as President of the Board and most recently, as our volunteer Office Manager. Tammy received her MS from Longwood University and is currently working towards a Masters of Education in ASD. Tammy is a graduate of Partners in Policymaking and has worked as a volunteer Family Navigator for the Partnership for People with Disabilities at VCU. Tammy is an ordained pastor and lives in Midlothian with her husband, Troy, and their 4 children



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 June newsletter is May 15. You may send your contributions to 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 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.

## Update on Individual and Family Support Program

Funding for the Individual and Family Support Program (IFSP) for fiscal year ending June 30, 2013 has been exhausted. **New funding will be available July 1, 2013; applications will be accepted on July 1, 2013.** Individual and Family Support Program funds may be provided to individuals or family members in varying amounts, as requested and approved by DBHDS, up to the established annual maximum individual financial support limit per fiscal year. **The fiscal year 2014 (i.e., through 6/30/14) limit is \$3,000.**

The application can be found here:  
<http://www.dbhds.virginia.gov/ODS-default.htm>

The IFSP is designed to assist individuals with intellectual or developmental disabilities on the waiting list for the ID or DD Waiver (and their families) to access short-term person/family-centered resources, supports, and services.

Services and items that may be funded through the Individual and Family Support Program are intended to support the continued residence of an individual in their own or the family home and may include:

- Professionally provided services and supports, such as respite, transportation services, behavioral consultation, and behavior management;
- Assistive technology and home modifications, goods, or products that directly support the individual;
- Temporary rental assistance or deposits;
- Fees for summer camp and other recreation services;
- Temporary assistance with utilities or deposits;
- Dental or medical expenses of the individual;
- Family education, information, and training;
- Peer mentoring and family-to-family supports;
- Emergency assistance and crisis support; or
- Other direct support services as approved by DBHDS.

## News From the Autism Society, Central VA Board

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

### Education

- Sponsored a workshop on bullying and ASD

### 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 4 Interest Groups for Parents of Children and Adults on the spectrum
- Sponsored an Interest Group for Adults with Asperger's

### Awareness

- Exhibited at the Connections Resource Fair
- Exhibited at the Monument Ave. 10K Expo
- Ran 2 ads in the Richmond Times Dispatch during Autism Awareness Month
- Shared a presentation at the Petersburg Public Library
- Participated in Capitol One's Autism Awareness Month event

### Advocacy

- Participated in a conference call with Senator Mark Warner
- Attended the quarterly stakeholders Department of Justice Stakeholders meeting
- Participated in the Region IV START Advisory Council meeting
- Participated in the Consortium for Intellectual and Developmental Disabilities

## VA-LEND PROGRAM AT VCU SEEKS MENTORING FAMILIES FOR 2013-2014

Volunteer to allow a professional or disability advocate get to know your family as PEOPLE, not as patients or clients, through visits during the academic year. This is an invaluable experience for the trainees and a fun experience for the mentoring families! For information contact Elaine Ogburn, Virginia Leadership Education in Neurodevelopmental Disabilities Program (Va-LEND) at [esogburn@vcu.edu](mailto:esogburn@vcu.edu) or 804-320-4514.

## THANKS TO THE FOLLOWING VOLUNTEERS!

Skills Development Center	Dilshad Ali	Nicolette Sebastian
Sam Hulcher	Julie Flagler	Holly Jenkins
Eleanor Stickley	Karen Singleton	Becky Page
Pi Kappa Alpha@ VCU	Kitty Gray	Seung Park
Alpha Xi Delta @ VCU	Rosemary Seltzer	Jonathan Brandon
Lyn Jordan-Coker	Christy Taylor	Betty Thompson
Jennifer Bittner	Benz Gonzalez	Holly Aldridge

## AUTISM SOCIETY MAY CALENDAR

The Autism Society, Central VA will sponsor the following meetings in May. All meetings take place at River Rd. UMC, 8800 River Rd, Henrico, unless otherwise specified. For information: 257-0192 or [asacv@aol.com](mailto:asacv@aol.com)

5/4	noon	<b>Annual Member's Picnic</b> RSVP to eventbrite sent to members
5/6	7:00 p.m.	<b>Asperger's Interest Group</b> for parents of school aged children with AS
5/7	7:00 p.m.	<b>Board Meeting</b>
5/14	10 a.m.	<b>Parents of Kids w/ Autism Networking Meeting</b>
5/16	7 p.m.	<b>Parents of Kids w/ Autism Networking Meeting</b>
5/17	7:00 p.m.	<b>Diploma Options and Credit Accommodations for Students with Disabilities</b> free workshop; information and registration: <a href="http://diplomaasd.eventbrite.com/">http://diplomaasd.eventbrite.com/</a>
5/17	7:00 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>
5/19		<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
5/19		<b>Bowling for Middle/High School Students w/ Autism</b> FREE for Society members; \$25/non-members (includes annual membership fee); preregistration required
5/20	7:00 p.m.	<b>Parents/Family Members of Adults with Asperger's</b>
5/20	7:00 p.m.	<b>Adults with Asperger's/HFA Interest Group</b> (open only to adults w/ Asperger's/HFA)
5/22		<b>LAST DAY TO REGISTER ONLINE FOR 5K RUN/WALK FOR AUTISM @ <a href="http://WWW.ASCV5K.COM">WWW.ASCV5K.COM</a></b>
5/23-24		<b>5K Run Walk for Autism Packet Pick-up/In Person Registration</b>
5/25	8:00 a.m.	<b>5K Run Walk for Autism @ Innsbrook Pavilion</b>

## Community Events and Meetings of Interest

May 6 **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 5/20; call Shawn at 804-339-4393 for info

May 6 **Hanover County Special Education Advisory Committee** open to the public; 7 p.m. at School Board Office; topics: *Annual Plan Review; IEP Decisions Surrounding the Related Service of Transportation*; questions? rob.rlipc@comcast.net

May 7 **Young Life Capernaum West End** an inclusive faith based group for middle and high school students with disabilities; West End Presbyterian Church, Henrico; 6:30 - 8:30; for info: westendcapernaum@hotmail.com

May 8 **Chesterfield County Special Education Advisory Committee** @ the Fulghum Center; 5 - 6:30 p.m.; topic: effective school wide discipline; open to the public; for info: 594-1732

May 9 **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/>

May 9 **Young Life Capernaum Hanover** an inclusive faith based group for middle and high school students with disabilities; Burkwood Clubhouse; 6:15; clint.dowda@gmail.com or call 814-7433

May 11 **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

May 14 **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

May 15 **Special Nights for Special Needs** @ Children's Museum; 5:30 p - 7:30 p; free especially for children 10 years old and younger who have special needs and their families; enjoy museum exploration, adapted materials, special activities, and reduced number of visitors on this special

night. Children will have access and learning opportunities, but most importantly they'll have fun!

May 16 **Asperger's Support Meeting** meets 6:30 p.m. on 3rd Thursday at Midlothian YMCA; 804-908-7246 or email RobinDavis@RichmondAutism.Org

May 16 **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 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

April 18 **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

May 18 **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 for info

May 21 **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 21 **Monkey Joe's Special Needs Night** every third Tuesday from 5 p.m. to 7 p.m.; kids ages 2 - 12 w/ special needs free; closed to the public; siblings welcome \$5; 11304 Midlothian Tnpk, Richmond; 897-5867

May 28 **Henrico County Special Education Advisory Committee** open to the public; 6:30 p.m. to 8:30 p.m. at Fairfield Middle School; topics: *Differentiated Instruction, RTI*

## Conferences, Workshops, and Webcasts

May 2 **Disability Trust Planning** sponsored by Hanover Parent Resource Center; free; 6:30; Oak Knoll Middle School; special needs estate planning helps to prepare for a child's life when the parents are no longer in charge. A properly drafted trust can preserve resources and also insure a quality of life for your child and give parents peace of mind, regardless of the size of their estate. RSVP [hanoverprc@hcps.us](mailto:hanoverprc@hcps.us) or 804-365-4596

May 8 **Transitioning Out of Early Intervention Services** free webinar from the Arc of VA; 1 p.m.; will provide an overview of the transition process from early intervention services; e-mail [dholloway@thearcofva.org](mailto:dholloway@thearcofva.org) to register

May 8 **Filling the Gap: Teaching Social Skills to Support Positive Behaviors** sponsored by VCU TTAC; [http://www.vcu.edu/ttac/training\\_opportunities.html](http://www.vcu.edu/ttac/training_opportunities.html)

May 9 **Annual Make It and Take It Workshop** sponsored by Henrico County Parent Resource Center; 6 p - 7 p at New Bridge Learning Center; free; create your own customized visual schedules and communication boards to assist with behavior, ease transitions and encourage self-management; RSVP [lhabernathey@henrico.k12.va.us](mailto:lhabernathey@henrico.k12.va.us)

May 14 **Using iPads to Promote Access and Learning for Students with Autism Spectrum Disorder** free webcast from VCU Autism Center for Excellence; 3:30 p.m.; learn about ways in which the iPad can be used within classroom instruction and everyday routines to support communication, routines, social skills, academics and self-management for students with autism spectrum disorders; to register: <http://www.vcuautismcenter.org/training/webcasts/upcoming.cfm>

May 23 **Understanding Supplemental Security Income (SSI) and Social Security Disability Income (SSDI)** free webinar from the Arc of Va; 4 p.m.; a basic understanding of these two federal programs that can provide financial assistance for individuals with disabilities that meet the eligibility requirements; e-mail [dholloway@thearcofva.org](mailto:dholloway@thearcofva.org) to register

May 28 **ASD: How, When and Why to Tell Your Child about Their Disability** free; sponsored by Hanover Parent Resource Center; at Chickahominy Middle School at 6:30 pm; RSVP [hanoverprc@hcps.us](mailto:hanoverprc@hcps.us) or 804-365-4596

June 6 **Secondary Transition and Autism: Yes, They Do Grow Up** sponsored by Commonwealth Autism Service; for info: [www.autismva.org](http://www.autismva.org)

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

### AUTISM SOCIETY CENTRAL VA AWARDS 2013 CAMP SCHOLARSHIP GRANTS

For the past several years, the Autism Society Central VA has awarded grants to camps to provide scholarships to children, youth, or adults with autism from the metro Richmond area who, without a scholarship, would be unable to attend camp. Letters are sent to a number of camps at the local and state level informing them of the grant application process.

This year, the Autism Society awarded over \$15,000 to the following organizations to provide scholarships to:

Camp VA Jaycee  
North Star Academy  
Dreamer's Retreat  
Easter Seals  
Camp Baker  
JCC's Voices Together Camp

### Thank You For the Following Donations

J.Keith and Pat Dankhoff  
Spring and Brad Dolbec  
David & Alicia Childress  
Todd & Kelly Domaleski

## May 17 Monthly Meeting Diploma Options & New Credit Accommodations for Students w/ Disabilities

Learn how diploma options have changed for students with disabilities beginning ninth grade and younger in the Fall of 2013 and what this means for your child. Our speaker will be Samantha Marsh Hollins, Director of the Office of Special Education Program Improvement with the Virginia Department of Education

The 2012 General Assembly amended the *Code of VA* to emphasize college and workplace readiness for ALL students — including students with disabilities. The legislation eliminated the Modified Standard Diploma, effective with students entering the ninth grade for the first time in 2013-2014. The General Assembly also directed the Board of Education to make provisions for students with disabilities who previously would have been candidates for the Modified Standard Diploma. The Board of Education has issued guidance for school divisions on allowable credit accommodations. This session will provide information on credit accommodations based on state level guidance.

Samantha has previously served as the Educational Specialist for Autism, Intellectual Disabilities and Assistive Technology for the Virginia Department of Education.

This meeting is free and open to the public but to ensure we have enough handouts, we ask that you register here: <http://diplomaasd.eventbrite.com/>

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.

## LOOKING FOR CAMPS OR OTHER SUMMER OPPORTUNITIES FOR YOUR KIDS?

The Autism Society Central VA maintains a Resource Directory on our website at [www.ascv.org](http://www.ascv.org) On the directory, you'll find camps and other recreational opportunities for children, youth, and adults with ASD. Opportunities include day camps and overnight camps. If you know of opportunities not listed in our directory, please share them with us by e-mailing [asacv@aol.com](mailto:asacv@aol.com).

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

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