

# ◆ *Into the Light* ◆

Volume 20 Issue 9 Autism Society, Central Virginia October 2012



## 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:** Kelly Domaleski (Interim)  
**Meeting Secretary:** Bill Thompson

**Board members:** Adam Bailey  
Dave Faulders, J.D.  
Norm Geller Ph.D.  
Katherine Gray, J.D.  
Shawn Kirk  
Donna Sabel  
Karen Singleton, M.D.

### KEY VOLUNTEER POSITIONS:

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

### STAFF:

**Executive Director:** Bradford Hulcher

## AUTISM SOCIETY, VCU TTAC AND VCU ACE HOST INSIGHT 2012 OCTOBER 19/20!

We are so excited about our annual conference with Dr. Brenda Smith Myles on October 19 and 20. If you have not registered, there is still time! Brenda is a dynamic speaker and will share information on two topics of special interest to parents.

Friday evening's event is on *Tantrums, Rage and Meltdowns*. Children and youth with high functioning autism (HFA) and Asperger Syndrome experience stress that may manifest itself as tantrums, rage, and meltdowns. Meltdowns follow a three-stage cycle: (a) rumbling, (b) rage, and (c) recovery. This session will overview the cycle and discuss strategies that can be used at each stage. In addition, prevention strategies will be discussed. Because of the combination of innate stress and anxiety and the difficulty that children and youth with HFA/AS have in understanding how they feel, it is important that those who work and live with them understand the cycle of tantrums, rage, and meltdowns as well as interventions that can be used during this cycle. **This session is free but, so that we have enough handouts, we ask that you register here: <http://www.cvent.com/d/lcqzfc>**

On Saturday, Dr. Myles will speak on *Preparing for Transitions to Middle School and High School*. If you have a child in third grade or older, it's not too early to start learning about this! This session will begin with a brief overview of the middle and high school experience and the stress that transitions into these school settings can cause for learners on the autism spectrum. A transition checklist and an easy-to-use method of documenting support needs across environments will be discussed. This session is \$5 for chapter members and includes lunch. Non-members pay \$5 plus a \$25 annual membership to attend. Please find the registration form in the newsletter.

Friday's daytime session will be on the *Hidden Curriculum and Difficult Moments*. For information on this, visit <http://www.cvent.com/d/lcqzfc>

The Autism Society will host a bookstore with all of Dr. Myles' books as well as many other titles. Cash, Visa, and MasterCard are accepted. We hope to see you there!

## AUTISM SOCIETY OCTOBER CALENDAR

The Autism Society, Central VA will sponsor the following meetings in October. 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](mailto:asacv@aol.com)

10/1	7:00 p	<b>Parents of School Children w/ Asperger's Interest Group</b>
10/2	7:00 p	<b>ASCV Board Meeting</b>
10/10	10 a	<b>Parents of School Children w/ Asperger's Interest Group</b>
10/13	1 p - 3 p	<b>Inclusive Lego Club</b> for kids of all abilities in grades K - 8; Gayton Library; free
10/14	1 p - 2:30 p	<b>Bowling League for Children w/ Autism</b> , Grades K-5 FREE for chapter members; \$25 /non-members (includes annual membership fee) ; preregistration required
10/14	3 p - 4:30 p	<b>Bowling for Middle/High School Students w/ Autism</b> FREE for chapter members; \$25/non-members (includes annual membership fee); preregistration required
10/19	7 p	<b>Tantrums, Rage, and Meltdowns</b> w/ Brenda Smith Myles; free; register here: <a href="http://www.cvent.com/d/lcqzfc">http://www.cvent.com/d/lcqzfc</a>
10/19	7 p.	<b>Friendship Group for Middle School Kids w/ Asperger's</b> free for chapter members; \$25/non-members (includes annual membership fee); preregistration required
10/20	9 a. - 2 p.	<b>Preparing for Transitions to Middle School and High School</b> w/ Brenda Smith Myles; see flyer insert
10/29	7:00 p	<b>Adults w/ Asperger's/High Functioning Autism Interest Group</b> ( <i>open only to adults w/ AS/HFA</i> )
10/29	7:00 p	<b>Parents of Adults with Autism Interest Group</b>

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 November newsletter is October 15. You may send your contributions to the Chapter at 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 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.

## NEWS FROM THE AUTISM SOCIETY, CENTRAL VA BOARD

Tiffany Robertson, who has served on the board since 2009, most recently as VP for Outreach, rotated off the board. We appreciate Tiffany's service to the chapter!

We welcomed new board member Tim Jones.

At the September Board meeting, Adam Bailey was appointed Treasurer; Kelly Domaleski was appointed Vice President for Outreach. Tim Jones will fill the position of Corresponding Secretary that was vacated by Marty Shields.

At their September meeting, the board voted to institute a new membership category and fee. Effective immediately, membership for self-advocates (adults with ASD) will be \$5 annually and will entitle them to all chapter benefits. The household membership fee remains at \$25.

The ASCV worked to fulfill our mission to "improve the lives of all affected by autism" in September through the following activities:

### Advocacy and Public Policy

- Participated in the Region IV START (Systemic Therapeutic Assessment Respite and Treatment) Advisory Council, which will address the Crisis Stabilization portion of the Department of Justice (DOJ) settlement agreement.
- Participated at the bimonthly meeting of The Advisory Council for Intellectual and Developmental Disabilities (TACIDD)
- Participated on the Virginia Autism Council (VAC)

### Education and Training

- Provided a training on Medicaid Waivers to parents at the Faison School for Autism
- Participated as a member at the bimonthly meeting of the Virginia Autism Council ([www.autismtrainingva.org](http://www.autismtrainingva.org))
- Provided resources at the Piedmont Autism Action Group's 2 day conference
- Sponsored a workshop on Life Coaches for ASD
- Sponsored a safety workshop and event

### Services and Supports

- Sponsored an Inclusive Lego Club
- Provided support for monthly social group for adults with Asperger's Syndrome

- Sponsored bowling leagues for elementary school students with ASD and middle and high school students with ASD
- Sponsored an Asperger's Middle School Social Club
- Sponsored 2 parent support groups

### Awareness

- Exhibited at the Autism Speaks Walk

## Conferences, Workshops, and Webcasts

Oct. 9 **A Successful Employment Experience for Individuals with Asperger's Syndrome: What it Takes** free webcast from the Autism Center for Excellence at VCU; 3:30; register here:

<http://www.vcuautismcenter.org/training/webcasts/details.cfm/236>

Oct. 16 **Special Needs Trust Free Informational Session** sponsored by Commonwealth Community Trust; 7:15 p. - 8:30 p.; Tuckahoe Library; for info or to register: [Kcurrie@commonwealthcommunitytrust.org](mailto:Kcurrie@commonwealthcommunitytrust.org)

Oct. 17 **Autism and Puberty** free webcast from the Indiana Resource Center for Autism; 6 p.m.; info: <http://www.iidc.indiana.edu/index.php?pageId=3577>

Oct. 19-20 **Insight 2012** featuring Brenda Smith Myles, Ph.D; sponsored by the VCU TTAC and the Autism Society, Central VA; to register: [www.ascv.org](http://www.ascv.org)

Oct. 24 **Teach Me How To Ask And How To Ask Nicely: Teaching Early And Advanced Requesting Skills** sponsored by the Faison School; Presented by: Nathan Habel, M.Ed., BCBA; 9 - 10 a.m.; \$30; to register: [berry@thefaisonschool.org](mailto:berry@thefaisonschool.org)

Nov. 5 **The Next Generation of Social Stories** with Carol Gray; learn: What is and what is NOT a Social Story, How to Write a Social Story, Social Context - exploring how the world can be confusing, and How to add Social Context to the Social Stories you write. FREE; 6 - 8 p.m. at the Henrico Theater; to register: [radiganct@vcu.edu](mailto:radiganct@vcu.edu)

Nov. 11 **Life in the Community Preparing for Life After High School: It's Never Too Early to Start** a free conference and resource fair sponsored by the Autism Society, Central VA, the Down Syndrome Association of Greater Richmond, and the Hanover Arc; see flyer insert

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

## Community Events/ Meetings of Interest

Oct. 1 **Hanover County Special Education Advisory Committee** *Unmet Needs, Public Relations, Transition, and By-Laws; Tour of the Center for Trades & Technology @ Hanover Center for Trades & Technology; 7 p.m.;* for info: [rob.rlipc@comcast.net](mailto:rob.rlipc@comcast.net)

Oct. 1 **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

Oct 2 **Young Life Capernaum City** an inclusive faith based group for middle and high school students with disabilities; 6:30-8:00pm, at First Baptist Church; 2709 Monument Ave; for info: [citycapernaum.rva@gmail.com](mailto:citycapernaum.rva@gmail.com)

Oct. 5 **TACA** topic: *The Yeast Beast* ; 7 - 9 p.m. @ St. Andrews United Methodist Church, 9801 Fort King Road, Richmond; for info: [LisaAnn.Setchel@TacaNow.org](mailto:LisaAnn.Setchel@TacaNow.org)

Oct. 6 **Celebrating Families Carnival** for children and adults with disabilities and their families; sponsored by the Resource Connection; 11 a - 2 p; Mechanicsville Christian Center; admission - a bag of canned goods; for info: [bfrank.resourceconnectioninc@gmail.com](mailto:bfrank.resourceconnectioninc@gmail.com)

Oct. 9 **Young Life Capernaum Westend** an inclusive faith based group for middle and high school students with disabilities; West End Presbyterian Church, 9008 Quiocassin Road, Henrico; 6:30 - 8:00; for info: [westendcapernaum@hotmail.com](mailto:westendcapernaum@hotmail.com)

Oct. 10 **Chesterfield County Special Education Advisory Committee** meets 5 to 6:30 p.m. at the Fulghum Center; for info:

Oct. 11 **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/>

Oct. 11 **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](mailto:clint.dowda@gmail.com)

Oct. 13 **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](mailto:BuddyBreak@TrinityRichmond.net)

Oct. 13 **Fall Festival** Dominion SocialLights celebrating 1 year anniversary; free games, snacks, fun, music; 5400 Chamberlayne Ave; 10 a. - 1 p; for info: [m.moore@dominionsociallights.com](mailto:m.moore@dominionsociallights.com)

Oct. 15 **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

Oct. 16 **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/>

Oct. 16 **Young Life Capernaum Westend** an inclusive faith based group for middle and high school students with disabilities; West End Presbyterian Church, 9008 Quiocassin Road, Henrico; 6:30 - 8:00; for info: [westendcapernaum@hotmail.com](mailto:westendcapernaum@hotmail.com)

Oct. 16 **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

Oct. 18 **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)

Oct. 20 **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

Oct. 21 **Rhythms of Grace** a special worship service to and for children w/ special needs and their families; the third

*(Continued on page 5)*

(Continued from page 4)

Sunday of each month @ St. Mary's Episcopal Church, 12291 River Rd, Goochland; 1 - 2 p.m.; for info: 347-8755

Oct. 22 **Department of Behavioral Health and Developmental Services Settlement Agreement Stakeholders Group** open to the public; 1 - 4 @ the Capitol, House Room 3; time for public comment towards the end of the meeting

Oct. 25 **Richmond Asperger's Meetup** 6:30 pm@ West-over Hills Baptist Church; a place where older children (age 11- 17) can meet other Asperger's 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/>

Oct. 30 **Young Life Capernaum Westend** an inclusive faith based group for middle and high school students with disabilities; West End Presbyterian Church, 9008 Quiocasin Road, Henrico; 6:30 - 8:00; for info: [westendcapernaum@hotmail.com](mailto:westendcapernaum@hotmail.com)

Oct. 30 **Henrico County Special Education Advisory Committee** topics: *Parental Rights* and the *Budget*; meets 6:30 p.m. to 8:30 p.m.; Moody Middle School; open to the public; for info: [seac@henrico.k12.va.us](mailto:seac@henrico.k12.va.us)

## 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

## Thank You For The Following Donations

Brendan Moran in honor of his son Alex  
Mary Ann Wolfgang  
Melissa & Brian Gayle  
Fareva USA  
Brenda & Bernard Agee in Memory  
of Marla Moore  
Glenmore Yoga and Wellness Center  
Judith Koziol  
Nancy and Laurence Rubin  
Linda Oggel  
Holly & David Aldredge  
Francesca Jones  
Steve & Barbara Parrish

## 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 I150 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 \*\*

**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