

# ◆ Into the Light ◆

Volume 20 Issue 8 Autism Society , Central Virginia September 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

## THE AUTISM SOCIETY OFFERS LEARNING AND LEISURE THIS FALL!!

The mission of the Autism Society is to improve the lives of all impacted by autism. One of the ways we do this is by offering educational opportunities at little or no expense to our community. Over the next 3 months, we'll offer the following learning opportunities to self-advocates, families, teachers, and service providers:

- **Autism Spectrum Disorders and Public Safety Considerations: Guidance for Families, Caregivers, and Self-Advocates** followed by **Free Identification Program**
- **Autism Life Coaches: The Newest Member of the Team**
- **Insight 2012 Annual Conference with Brenda Smith Myles**
- **Life in the Community/Preparing for Life After High School: It's Never Too Early to Start**

Another way that the ASCV strives to improve the lives of all impacted by autism is by offering leisure activities. We'll be offering the following opportunities to socialize and form friendships:

- **Asperger's Middle School Friendship Club**
- **Inclusive Lego Club**
- **Bowling League for Elementary School Kids w/ ASD**
- **Bowling League for Middle/High School Kids with ASD**

For additional information, see details within this newsletter, visit our website at [www.ascv.org](http://www.ascv.org) or e-mail us at [asacv@aol.com](mailto:asacv@aol.com)!!

## **Autism Life Coaches: The Newest Member of the Team September 24 Parents/Adults with AS/HFA Meetings**

On Monday, September 24, Altrice Smith will present an overview of the Life Coach and their emerging role as a member of the professional team providing services to individuals with autism and their families. Autism Life Coaches can serve a variety of functions from supporting families with managing the multiple aspects of autism to facilitating desired behaviors of those diagnosed on the autism spectrum. Altrice will share with parents from 7:05 p.m. to 7:45 p.m. and with adults with Asperger's/HFA from 7:50 p.m. to 8:30 p.m. at River Road UMC, 8800 River Rd, 23229.

Altrice has a Bachelors Degree from James Madison University and a Masters Degree in Counselor Education from Virginia State University. She completed post graduate coursework in Autism Spectrum Disorders and Rehabilitation Counseling at Virginia Commonwealth University. Altrice became a Certified Professional Life Coach in 2012 and is the proud mother of a 13 year old son diagnosed on the autism spectrum.

This event is free but pre-registration is requested at <http://ascvlifecoach.eventbrite.com/>

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 October newsletter is September 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 lane 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 \*\*

## NEWS FROM THE AUTISM SOCIETY, CENTRAL VA BOARD

In August, we welcomed new board member Katherine Gray to the board. Katherine graduated from VA Tech and William and Mary and is a family law attorney. She enjoys running, mountain biking, cooking and volunteering.

We are sad to say farewell to Corresponding Secretary Marty Shields as he moves to upstate New York. We appreciate Marty's many hours of volunteerism dedicated to acknowledging gifts made to the ASCV. We wish Marty and his family the best in this new chapter of their lives!

Board members and committees kept busy over the summer in preparation for the coming year.

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

### Advocacy and Public Policy

- Participated as a member of the Department of Behavioral Health and Developmental Services (DBHDS) Settlement Agreement Stakeholder Group established by Commissioner Stewart.
- 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 Department of Behavioral Health and Developmental Services (DBHDS) Family and Individual Supports Work Group established to meet the requirements of the DOJ Settlement Agreement
- Attended the Arc of VA Annual Convention
- Participated in the Virginia Department of Education Disability Advocacy Advisory Group

### Education and Training

- Participated as a member at the bimonthly meeting of the Virginia Autism Council ([www.autismtrainingvva.org](http://www.autismtrainingvva.org))

### Services and Supports

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



## ASCV LIBRARY GOES ONLINE!!

The ASCV has one of the largest lending libraries on autism spectrum disorders in the state with over 500 of the latest books, CDs, and DVDs. Now community members can easily view our inventory by visiting our website at [www.ascv.org](http://www.ascv.org); materials are categorized by topics. The library can be accessed for check-out by chapter members during any chapter meeting or interest group meeting - just one more benefit of chapter membership!!

A big shout out goes to chapter member Becky Cope who spent 3 long summer afternoons assisting with this project!!

## ASPERGER'S MIDDLE SCHOOL SOCIAL CLUB

The Asperger's Middle School Social Club is designed to maximize positive and appropriate interactions in order to foster friendships between middle school age youth. The group will meet monthly for 2 hours and is facilitated by recreation and behavior therapist Brie King MA CTRS and incorporates structured social learning with game play and semi-structured social activities.

**The social club is open to middle school students with a diagnosis of Asperger's Syndrome who are able to:**

- **Attend to club games**
- **Abide by club rules**
- **Engage in social discussions with only verbal prompting**

The Club's first meeting will take place at River Road UMC; this year we hope to expand our participants' relationships by holding some meetings at member's homes and in the community.

The club is free to Autism Society, Central VA chapter members; \$25 fee for non-members (includes annual membership). For additional information, contact the ASCV @ [asacv@aol.com](mailto:asacv@aol.com)

## **UNITED WAY CAMPAIGN PLEASE CONSIDER DESIGNATING THE AUTISM SOCIETY, CENTRAL VA**

Please consider directing your United Way giving to the ASCV during your workplace's UW Campaign this fall. To designate the chapter, please use the following information particular to your work place:

- United Way: 3108
- Local Government and Schools: 103
- Combined Federal: 64417
- Commonwealth of Virginia Campaign: CVC Code 3746
- 

We thank you!



## **AUTISM SOCIETY SEPTEMBER CALENDAR**

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

|      |                    |   |
|------|--------------------|---|
| 9/1  | 8:45 a.m.          | <b>Camp Warrior</b> in collaboration with the Richmond Flying Squirrels; \$20; the Diamond; for info: <a href="http://www.ascv.org">www.ascv.org</a>  |
| 9/9  | 1 p.m. - 2:30 p.m. | <b>Bowling League for Children w/ Autism</b> , Grades K-5 FREE for chapter members; \$25 /non-members (includes annual membership fee) @ Shrader Lanes; preregistration required  |
| 9/9  | 3 p.m. - 5:30 p.m. | <b>Bowling for Middle/High School Students w/ Autism</b> FREE for chapter members; \$25/non-members (includes annual membership fee) @ Shrader Lanes; preregistration required  |
| 9/9  | 7:00 p.m.          | <b>Parents of School Children w/ Asperger's Interest Group</b>  |
| 9/12 | 10 a.m.            | <b>Parents of School Children w/ Asperger's Interest Group</b>  |
| 9/11 | 7:00 p.m.          | <b>ASCV Board Meeting</b>   |
| 9/15 | 1 p.m. - 3 p.m.    | <b>Inclusive Lego Club</b> for kids of all abilities in grades K - 8; free  |
| 9/22 | 10 a.m. - 12 p.m.  | <b>Friendship Group for Middle School Kids w/ Asperger's</b> free for chapter members; \$25/non-members (includes annual membership fee); preregistration required  |
| 9/22 | 10 a.m. - 12 p.m.  | <b>Autism Spectrum Disorders and Public Safety Considerations: Guidance for Families, Caregivers, and Self-Advocates</b> register @ <a href="http://ascvsafety.eventbrite.com/">http://ascvsafety.eventbrite.com/</a>   |
| 9/22 | 11 a.m. - 3 p.m.   | <b>Child/Adult w/ Disability Identification Program</b>   |
| 9/24 | 7:00 p.m.          | <b>Adults w/ Asperger's/High Functioning Autism Interest Group</b> ( <i>open only to adults w/ AS/HFA</i> ) topic: <b>Autism Life Coaches: The Newest Member of the Team</b>  |
| 9/24 | 7:00 p.m.          | <b>Parents of Adults with Autism Interest Group</b> topic: <b>Autism Life Coaches: The Newest Member of the Team</b> register @ <a href="http://ascvlifecoach.eventbrite.com/">http://ascvlifecoach.eventbrite.com/</a> |

## Community Events/ Meetings of Interest

Sept. 7 **TACA (Talk about Curing Autism) Back to School Social** 7 - 9 p.m.; St. Andrew's UMC, 9801 Fort King Rd, 23229

Sept. 8 **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)

Sept. 13 **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/>

Sept. 13 **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](mailto:clint.dowda@gmail.com)

Sept. 15 **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

Sept. 17 **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

Sept. 18 **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/>

Sept. 18 **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

Sept. 20 **A Journey of Rest and Restoration;** a monthly Christian-based support group designed for cou-

ples/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)

Sept. 25 **Henrico County Special Education Advisory Committee** meets 6:30 p.m. to 8:30 p.m.; open to the public; for info: [seac@henrico.k12.va.us](mailto:seac@henrico.k12.va.us)

Sept. 27 **Richmond Asperger's Meetup** 6:30 pm@ Westover 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/>

## Conferences, Workshops, and Webcasts

Sept. 11 **Autism: An Evolving Diagnosis** free webcast from the Autism Center for Excellence at VCU; Dr. Urbano provides an update of the evolving diagnosis of ASD surrounding the current controversy over changes in the diagnostic criteria. The webcast will introduce new information on genetic findings for those identified with ASD; to register: <http://www.vcuautismcenter.org/training/webcasts/upcoming.cfm>

Sept. 11 **Early Intervention Advocacy** free webinar for families; sponsored by the Arc of VA; to register: [dholloway@thearcofva.org](mailto:dholloway@thearcofva.org)

Sept. 13 **Building Blocks Of Communication: The Verbal Behavior Analysis Approach** sponsored by The Faison School; Presented by: Eli Newcomb, M.Ed., BCBA; 2:45 - 3:45; \$30; to register: [jberry@thefaisonschool.org](mailto:jberry@thefaisonschool.org)

Sept. 17-19 **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](http://www.viaschool.org)

Sept. 21 **Introduction to Part C Early Intervention** free webinar for families; sponsored by the Arc of VA; to register:

(Continued on page 6)

## Conferences, Workshops, and Webcasts

(Continued from page 5)  
ter: dholloway@theacrvfa.org

Sept. 28 **Building Bridges II: Developmental Disabilities in Racially, Culturally, and Linguistically Diverse Communities** sponsored by VCU Partnership for People w/ Disabilities and DBHDS; \$25; for information: <http://www.vcu.edu/partnership/bbridges2/>

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: [jberry@thefaisonschool.org](mailto:jberry@thefaisonschool.org)

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

## VOLUNTEERS NEEDED FOR JOBS LARGE AND SMALL!!

The mission of the Autism Society - to improve the lives of all impacted by autism - is carried out under the direction of a volunteer board of directors and our executive director, Bradford Hulcher with the support of one part time staff, and a handful of dedicated volunteers. We want to grow our volunteer base! Each month we'll highlight a different volunteer opportunity.

Up on deck this month is the **Outreach Committee** which is responsible for planning and implementing outreach/social activities for the membership. These activities include but are not limited to: the spring picnic, the holiday party, bowling parties, LEGO® Club, and other social activities with two unique opportunities.

We have openings for 2 types of positions:

### Outreach Committee Member

- Help identify ideas for outreach events, help plan outreach events, and implement planned events.
- Most of the work will be performed at the volunteer's home or at the event venue; face-to-face meetings occasionally as needed but not more than once per quarter. Overall estimate of 6 hours per quarter. Commitment of not less than a year preferred.

### Outreach "Day of the Event" Volunteer

- Helps out at different social events when needed; could include serving food, being a buddy to an individual with autism, or interacting with family members at events.
- Should enjoy working with individuals with autism; experience working with individuals with autism is helpful but not necessary
- Time commitment varies; depend with which event the volunteer chooses to assist

Contact us at [asacv@aol.com](mailto:asacv@aol.com) if you are interested in learning more!



## VOLUNTEER PHOTOGRAPHER NEEDED!

Nothing tells a story like a picture and we need someone to help us tell our story in pictures. We are seeking a volunteer who would like to contribute by taking pictures at the many events the Autism Society, Central VA sponsors for kids and adults with ASD, their families, and the community for publication on our FB page, in our newsletter, and in other materials. If you are available to attend occasional Lego Club, bowling league, parties, and workshops sponsored by the ASCV to capture in pictures what we are about, we need you! If you are interested, please contact the chapter at [asacv@aol.com](mailto:asacv@aol.com)

## Thank You For The Following Donations

Anne and John Munson  
Lei & Ancheng Zhou  
Brendan Moran  
Jean Pokomy in honor of Gary Fletcher

The following donations were made in memory of Billy Page Wilson

George and Amy Elefteriou  
Frances Berry  
Mary Jack Henley  
Linda Gardner  
Nancy Strickland  
Bettie Messier  
Elise Lawson

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