

◆ *Into the Light* ◆

Volume 20 Issue 11 *Autism Society, Central Virginia* December 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.

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

VCU/Johns Hopkins University Study of Diet and Autism

A group of researchers at Virginia Commonwealth University and Johns Hopkins University are going to test the efficacy of an experimental diet in treatment of autism spectrum disorder. The experimental diet eliminates all grains, starches, and refined sugars, all foods high in oxalate (organic acids), and all cow's milk products. The experimental diet includes red meats, pork, poultry, fish, plant oils, goat and sheep's milk products, and a wide variety of vegetables and fruits.

The researchers are looking for study participants who meet the following criteria:

The researchers are looking for study participants who meet the following criteria:

- children ages 2 to 6 who
 - have a diagnosis of an autism spectrum disorder and
 - live in the Richmond, VA area

You and your child's participation would involve:

- Preliminary parent interviews
- Your child following the experimental diet for up to 18 weeks (all food will be provided by the restaurant Mezzanine)
- Periodic observations of your child in your home and/or school setting
- Medical evaluations on 2 occasions each at the Child Development Clinic at the Children's Hospital of Richmond and the Clinical Research Services Laboratory at VCU, which will include questions about your child and collection of urine, stool, and blood samples.

Compensation for you and your child's participation include:

- Provision of all meals and snacks for your child during the diet period (up to 18 weeks)
- Reimbursement for travel to and from the Child Development Clinic at the Children's Hospital of Richmond and the Clinical Research Services Laboratory

If you're interested in more information, or enrolling your child, members of the study team are glad to talk with you further about the diet, the study, and participation. Please contact Dr. Austin Mulloy at (804) 828-1333 or amulloy@vcu.edu.

AUTISM SOCIETY DECEMBER CALENDAR

The Autism Society, Central VA will sponsor the following meetings in December. For information: 257-0192 or asacv@aol.com

- 12/2 **Holiday Party @ the Science Museum** FREE for chapter members; \$25/non-members (includes annual membership fee); preregistration required by 11/28
- 12/8 **Holiday Respite** FREE for chapter members; \$25/non-members (includes annual membership fee); preregistration required by 12/3
- 12/8 **Tacky Light Bus Tour for Adults w/ Asperger's/HFA**; \$5 /adults w/ Asperger's/HFA (includes annual membership fee) ; preregistration required 12/6
- 12/9 **Bowling League for Children w/ Autism**, Grades K-5 FREE for chapter members; \$25 /non-members (includes annual membership fee) ; preregistration required
- 12/9 **Bowling for Middle/High School Students w/ Autism** FREE for chapter members; \$25/non-members (includes annual membership fee); preregistration required

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 January newsletter is December 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.

NEWS FROM THE AUTISM SOCIETY, CENTRAL VA BOARD



NEWS FROM THE LIBRARY

The ASCV worked to fulfill our mission to "improve the lives of all affected by autism" in November in the following ways:

Advocacy and Public Policy

- Participated on the Virginia Autism Council
- 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 in a Medicaid Waiver Mentor Training

Education and Training

- Collaborated with the Down Syndrome Association and the Hanover Arc on "Life in the Community: A Conference and Resource Fair"

Services and Supports

- Sponsored 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 3 parent support groups

Awareness

- Hosted a bookstore at the Circle of Support Conference
- Hosted a bookstore at the Carol Gray Conference
- Exhibited at the VA529 United Way event

One of the benefits of Chapter membership is being able to check books out of the library. The library is accessible at each month's Chapter meeting and at Interest Group meetings throughout the month (check the calendar at www.asacv.org for dates and times of meetings and a full inventory of library materials). The following materials are additions to the library this month:

Grandparents Guide to Autism Spectrum Disorders: Making the Most of the Time at Nana's House (2012)
Nancy Mucklow

Totally Chill: My Guide to Staying Cool A Stress Management Workbook for Kids with Social, Emotional, or Sensory Sensitivities (2012)
Christopher Lynch, Ph.D.

The Incredible 5-Point Scale: The Significantly Improved and Expanded Second Edition Assisting students in understanding social interactions and controlling their emotional responses (2012)
Kari Dunn Buron & Mitzi Curtis

Asperkids: An Insider's Guide to Loving, Understanding, and Teaching Children with Asperger's Syndrome (2012)
Jennifer Cook O'Toole

The Asperkid's (Secret) Book of Social Rules: the Handbook of Not-so-obvious Social Guidelines for Teens and Tweens with Asperger's Syndrome (2012)
Jennifer Cook O'Toole

**THANKS TO THE FOLLOWING
GROUPS AND INDIVIDUALS
WHO VOLUNTEERED THEIR TIME
THIS FALL!**

Tammy Burns
Becky Cope
Sam Hulcher
Chuck Hulcher
Elizabeth Selko
Eleanor Stickley
Anthony Wiley
Alan & Allison Thurman
Sills Development Center
Pi Kappa Alpha @ VCU
Alpha Xi Delta @ VCU

And the incredible ASCV volunteer
Board members!!

register:

www.vcuautismcenter.org/training/webcasts/details.cfm/238

Mar. 11 - 12 **Virginia Transition Forum 2013** brings together students, parents, educators, rehabilitation professionals, and others to guide youth with disabilities to achieve successful employment and life outcomes; \$79 before 2/11/13; Richmond; to register:

www.virginiatransitionforum.org

Mar. 1 - 29 **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

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

**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 **

**Conferences, Workshops, and
Webcasts**

Dec. 3 **Medicaid Waiver Supports** free webinar will review services and supports that are available to individuals with disabilities through the Medicaid Waiver program. We will also discuss Early and Periodic Screening, Diagnosis and Treatment Program (EPSDT) and the Health Insurance Premium Payment Program (HIPP/HIPP for Kids); to register: dholloway@thearcofva.org

Dec. 6 **From Pictures to Technology: Creating an Environment for Language Learning, Communication, and Independence** free webinar; hosted by Jennifer Leighton, M.A., CCC-SLP to learn how to create an environment for language learning, communication, and independence; 7 p.m. - 8:30 p.m.; register: www1.gotomeeting.com/register/285368016

Dec. 11 **Strategies and Supports to Address the Hidden Curriculum – Part 2** free webcast from VCU ACE; Brenda Smith Myles, Ph.D., international speaker and consultant for the Ohio Center for Autism and Low Incidence, is the presenter; 3:30 - 4:30 p.m.; archived for later viewing; to

Thank You for the Following Donations

The following donations were made in memory of Michael Morlino

Paul and Kim Riley Jr.
T.A. Kinney
Michael and Heather Pote
Monica Grant and Family
Knights of Columbus Council 14129
The Michael and Charlene Richeson Family
Orange Crush Football Team
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Laura Hynes
Lee Farley
Stephanie McNamara
Charles Wynings
Kelly Gottschalk
Tuckahoe Tomahawaks
Susan Byrd
Elizabeth Siewers
Robert Nowicki, Jr.

Additional donations this month

Brendan Moran
Carey Parisi
Kathleen Izzo
Carole, Jim and Dan Christman
Heather and Drew Kirschner
Dominion Youth Services Residential
Fule Creative, Inc.
Charlotte Schmidt
The Colson Family
Karen Kline
Christine Roby
Mary Czerwonka
Margaret Cutright in honor of Eli Barnum
Karl Koenig



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.

Autism Society, Central Virginia
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(804) 257-0192

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