



# *Into the Light*

## **REGISTER TODAY FOR THE 12<sup>TH</sup> ANNUAL 5K RUN/WALK FOR AUTISM!**

### **ALL FUNDS RAISED HERE, STAY HERE!**

Join us Saturday, May 24 at Innsbrook Pavilion for this exciting morning of fun, fellowship, and fitness!

The day will kick off at 8 a.m. with an opportunity to visit exhibitors, play in our Kids' Zone, and listen to good music from Groove Motive!

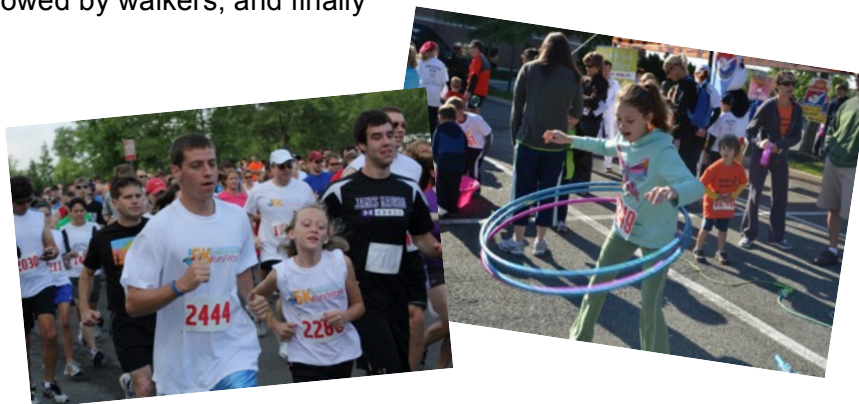
At 8:30 a.m., we'll have the Kids' 50 Yard Dash for children.

The trolley begins running at 8:30 - feel free to take a ride!! The trolley will be out on the course during the 5K Run/Walk to pick up anyone who decides he/she needs a ride to the finish line.

At 9 a.m. sharp, the gun will sound for the start of the 12<sup>th</sup> Annual 5K Run/Walk for Autism! Runners are asked to gather at the front of the pack, followed by walkers, and finally those with strollers and wagons.

At the completion of the 5K, awards will be presented for:

- Largest Team
- Highest Fundraising by a Team
- Highest Individual Fundraiser
- Don Mayfield Spirit Award
- Fastest overall female
- Fastest overall male
- Best Team T-Shirt



Keep an eye out for lots of "characters" supporting the event, including the Chic-fil-a Cow (handing out free coupons!), Ronald McDonald, Rodney Ram (VCU), and Nutzy (Richmond Squirrels.) Refreshments will be available for purchase from Kona Ice and Street Deli Food Truck!

Don't miss this amazing opportunity to support THE local resource for individuals with autism and their families!



## Mission

To improve the lives of all affected by autism by maximizing the self-sufficiency, independence, and quality of life for all living with autism.

## Vision

We are the local voice and resource of the autism community in education, advocacy, services, and support, committed to meaningful participation and self-determination in all aspects of life for individuals on the autism spectrum and their families.

Any age. Any stage.

## Donate

Your gift will help support autism education, awareness, advocacy and most importantly, enable us to assist families and individuals living with autism. You can help by making a donation today!

## 2014 OFFICERS

President: Bill Thompson

Treasurer: Adam Bailey, CPA

Meeting Secretary: Shawn Kirk

Corresponding Secretary: Tim Jones

Past President: Sandi Wiley

## 2014 BOARD MEMBERS

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Katherine Gray, Esq.

Mary Bess Bolin

## STAFF

Executive Director: Becky Boswell, MBA

Program Director: Bradford Hulcher

Outreach Coordinator: Tammy Burns

Recreational Therapist: Brie King

Childcare Supervisor: Deo Smith

This newsletter is a publication of: Autism Society, Central Virginia.  
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 [info@ascv.org](mailto:info@ascv.org).

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 Virginia area.

This edition was edited by ASCV staff.



## From Our Executive Director

What an exciting April the Autism Society Central Virginia (ASCV) had! We shared information about autism and the resources of the ASCV all over Central VA during National Autism Awareness Month this year. I want to take this opportunity to thank everyone who hosted and/or coordinated an event, made a connection for us, or volunteered in any way. We could not possibly hope to achieve our vision to be the local voice and resource of the Central VA autism community in education, advocacy, services, and support without the **many** volunteers who support us throughout the year.

Through our work with HandsOn Greater Richmond, we were excited to be able to nominate three very special people from our amazing pool of volunteers to be recognized in the Power of Good Art Show on April 11<sup>th</sup>. I would like to share with you just a little about these individuals and what they mean to our organization!



**Denise Lee** is a music therapist by trade, and has a passion for helping young children with autism through music therapy. Denise volunteers with the ASCV leading a monthly music playgroup for preschoolers who are affected by autism. She brings all of the supplies needed and leads the sessions for these preschoolers and their parents, helping build language and social skills through music.

When asked to give advice to future volunteers, **Denise** offered: *"Look for what you know matches the unique gifts with which YOU came into this world. Volunteering in any way is beneficial to the giver and the receiver, but when you give from the place you feel is YOUR calling, magic happens. Not only do you see the rewards for recipients of the giving, YOU receive more than you can possibly measure!!!"*

**Becky Early** has been volunteering with the ASCV since August 2013. She volunteers in numerous capacities from registration, childcare at monthly meetings, bowling, and other special events. Becky always has a smile for the individuals with autism and the families we serve and is willing to do whatever is needed to help us support the needs of our community.

When asked about her motivation to start volunteering, Becky shared two quotes that inspired her: *"Be kind, for everyone is fighting a hard battle."* - Various

*"Everyone is a genius. But, if you judge a fish on its ability to climb a tree, it will live its whole life believing it is stupid."* - Albert Einstein





**Waleed Ilyas** is in the biomedical engineering program at Virginia Commonwealth University (VCU). He has co-founded an organization at VCU called SPARK Autism. SPARK stands for the organization's goals: Social interaction, Pairing up, Awareness, Reaching out, and Knowledge. Through this group, he organizes other volunteers from VCU to join him in the different volunteer opportunities we have at the ASCV. In April, to promote autism awareness, SPARK organized an educational talk on autism for the VCU Honors Colloquium, bake sales to raise funds to benefit the ASCV, and a game night at VCU for individuals with autism. Waleed also volunteers at our monthly bowling events.

When asked to give some advice to the next generation of awesome volunteers, **Waleed** responded: *"Being a volunteer is a great thing. And the reason it's so great is because you're willing to take out your time and put in your effort to help others without asking for anything or being physically rewarded. If someone is able to pick up this quality at an early age, where they know not to ask for things when they do favors, it's something that will benefit them forever. Because as the world continues in the path it is in today, we will need more and more volunteers to take out time from their ever-so busy lives and help our world. We've been giving so many blessings in this world, and through these, we need to remember to give back- it's our responsibility. And volunteering doesn't always have to be something to sign up for! Volunteering can even mean to open a door for someone, or to pick up litter off the sidewalks, or even to smile at someone- these acts are voluntary acts that you take your time and effort to do in order to benefit others. Volunteering is something we should always keep in our hearts, and we should remember to not only just volunteer, but volunteer beautifully- volunteer with passion."*

*We are so blessed that these and SO many others have chosen to share their time and talents with the ASCV. I hope that you will join me in thanking them whenever you have the opportunity!*

*All the Best, Becky*

*Becky Boswell, MBA  
Executive Director  
director@ascv.org*



Amazon has introduced a simple and automatic way for you to donate to the Autism Society Central Virginia every time you shop, and at no cost to you! Just shop at **smile.amazon.com**, the charity support side of Amazon.com, and designate the Autism Society of America Richmond, VA as your designated charitable organization, and Amazon will donate 0.5% of the purchase price to the ASCV.

If you have an existing Amazon account, all of your account settings are the same, you just shop through **smile.amazon.com** instead of Amazon.com. On your first visit to AmazonSmile, before you begin shopping, you will need to select a charitable organization to receive donations from eligible purchases. When you search charities – just search Autism Society Central Virginia and a percentage of your purchase will go directly to the ASCV and help support local individuals with autism and their families.



## NEWS FROM THE AUTISM SOCIETY CENTRAL VIRGINIA BOARD

**In April, the Autism Society Central Virginia worked to fulfill our mission to "improve the lives of all affected by autism" in the following ways:**

### **Education**

- Presented at VCU SPARKS Honors Seminar
- Hosted a workshop "Getting to Yes!"
- Presented Medicaid Waiver Workshop At Dominion School for Autism

### **Services and Supports**

- Sponsored Autism Awareness Night with Richmond Kickers
- Sponsored a Preschool Playgroup
- Sponsored an Inclusive Lego Club
- Sponsored an Asperger's Middle School Social Club
- Sponsored 3 bowling events - for children, for teens, and for adults w/ ASD
- Sponsored the Adults with Asperger's Interest Group
- Sponsored the Parents of Adults w/ Asperger's Interest Group

### **Advocacy**

- Participated on Region IV REACH Advisory Council
- Participated on the DBHDS Individual and Family Support Program Work Group
- Participated on DBHDS Waiver Redesign Subcommittee

### **Awareness**

- Exhibited at the Blackwell Community Health Fair
- Awareness interview on Channel 8 WRIC for National Autism Awareness Month
- Awareness interview on 98.9 Liberty, Big Oldies 107.3 and 93.1 The Wolf
- Exhibited at "Until the Pieces Fit" event in Colonial Heights
- Exhibited at SPARKS VCU Bake Sale
- Sponsored Autism Awareness Day @ King's Dominion
- Exhibited at Journey of Hope 4 Autism Event

## **ASCV MEMBERS - SAVE THE DATES!**

Members, please watch for Eventbrite invitations in your e-mail to register for these FREE events!

### **Annual Autism Society Member Picnic @ Roslyn**

Saturday, May 3

Moon bounces, petting zoo, games, food, FREE for ASCV members!

### **Autism Awareness Night at the Diamond with the Richmond Squirrels**

Saturday, May 10, 6:05 game

Up to 200 free tickets for ASCV members

Fireworks after the game for those who would like to stay

ASCV Info Table on the concourse

In May, the Autism Society, Central VA will sponsor or participate in the following events. All events take place at River Road UMC, 8800 River Rd, Henrico, unless otherwise specified. For information: 257-0192 or [info@ascv.org](mailto:info@ascv.org).

5/2	10:30 am	<b>Medicaid Waiver Workshop</b> with Henrico PRC; RSVP to <a href="mailto:rcsoniat@henrico.k12.va.us">rcsoniat@henrico.k12.va.us</a>
5/3	noon-3pm	<b>Annual Member Picnic</b> ; Society members, see email for details
5/6	7 pm	<b>Board Meeting</b>
5/10		<b>Autism Awareness Night @ the Diamond</b> ; Society members, see email for info on free tickets
5/18		<b>Bowling League for Elementary School Students</b> <b>Bowling League for Middle/High School Students</b> <b>Bowling League for Adults on the Spectrum</b> Free for Autism Society members; see e-mail invitation for time, location and to register
5/19	7 pm	<b>Adults with Asperger's/HFA Interest Group</b> (open only to adults w/ Asperger's/HFA) info and register @ <a href="http://adultsas.eventbrite.com">http://adultsas.eventbrite.com</a>
5/19	7 pm	<b>Family Members of Adults with Asperger's Syndrome</b> ; info and register @ <a href="http://parentsofadults.eventbrite.com">http://parentsofadults.eventbrite.com</a>
5/21		<b>Last day to register online for 5K Run/Walk</b>
5/22 & 5/23		<b>Packet Pick-Up and Onsite Registration for 5K</b> visit <a href="http://www.ascv.org">www.ascv.org</a> for details
5/24		<b>12<sup>th</sup> Annual 5K Run/Walk for Autism</b> @ Innsbrook Pavillion

**AUTISM  
SOCIETY  
CENTRAL  
VIRGINIA**

**MAY  
CALENDAR**



### Community Events / Meetings of Interest

- May 2      **Special Nights for Special Needs** children with special needs age 10 and under @ the Children' Museum @ Short Pump; adapted materials, special activities, a cool-down space and reduced number of visitors; free from 5:30 - 7:30
- May 5      **Hanover County Special Education Advisory Committee** topic: *Review Draft of Annual Report*; 7 p. – 8:30 p. @ the Hanover County School Board office; open to the public
- May 5      **Special Needs Jump** at Jumpology 5 p - 7 p; fee and reservations required; all ages; <http://www.jumpology.us/>
- May 14     **Chesterfield County Special Education Advisory Committee** topic: *The Array of Special Education Services in CCPS*; open to the public; 5 p.m. @ the Fulghum Center
- May 20     **Monkey Joe's Special Needs Night** 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 27     **Henrico County Special Education Advisory Committee** topic: *Diploma Options*; open to the public; 6:30 p. - 8:30 p.; Brookland Middle School

### Conferences, Workshops, and Webcasts

- May 13     **Getting Started: What Families with Young Children with Developmental Disabilities Need to Know** sponsored by the Arc of VA; topics covered include early intervention, Medicaid Waivers, the Health Insurance Premium Payment Program for Kids (HIPPP), Early Periodic Screening and Diagnosis and Treatment, Supplemental Security Income, and advocacy; 6:30 p.m.; RSVP to [DHolloway@thearcofva.org](mailto:DHolloway@thearcofva.org)
- May 13     **No More Meltdowns: Managing and Preventing Challenging Behavior** with Jed Baker, Ph.D; free webinar sponsored by VCU ACE; register @ <http://www.vcuautismcenter.org/training/webcasts/upcoming.cfm>
- May 15     **Special Needs Trusts** sponsored by Hanover County Parent Resource Center; 6:30 p; Hanover High School Library; RSVP to [hanoverprc@hcps.us](mailto:hanoverprc@hcps.us) or 804-365-4596
- May 20     **Transitioning Out of Early Intervention Services** free webcast from the Arc of VA; register @ <https://cc.readytalk.com/cc/s/registrations/new?cid=7l7z4o52g7qi>
- May 22     **Applying for Social Security Disability Benefits for Transition Age Youth** free webcast offered by the Center on Transition Innovations at VCU; register @ <http://www.centerontransition.org/training/upcoming.cfm>

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

## Thank You To The Following Volunteers

*Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in.*

*~Author Unknown*

Rebecca Early  
Denise Lee  
Eleanor Stickley  
Christina Omland (VCU SPARKS)  
Georgia Galanopoulous (VCU SPARKS)  
Michelle Gobar (VCU SPARKS)  
Crystal Duong (VCU SPARKS)  
Anna Hegeler (VCU SPARKS)  
Ryan Robertson  
James B. (Pi Kappa Alpha)  
Collin Gibsons (Pi Kappa Alpha)  
Zak Wislon (Pi Kappa Alpha)  
Ryan Suyama (Pi Kappa Alpha)  
Taylor Collins (Pi Kappa Alpha)  
Forest Baber (Pi Kappa Alpha)  
William Ramsey (Pi Kappa Alpha)  
Sam Moore (Pi Kappa Alpha)  
Ahmed B. (Pi Kappa Alpha)  
California Torry ((BPSA VCU)  
Alexis Broggins (BPSA VCU)  
Brianna Leonard (BPSA VCU)  
Krystal Woods (BPSA VCU)  
Natheena Tyler  
Brett Burns  
Morgan Kirby  
Connie Maasry  
Amelia Reddington  
Steve Reddington  
Maggie Galanpoulous  
Mason Jesmer  
Waleed Ilyas  
Niki Patel

Lauren Hyde (Alpha Xi Delta)  
Rachel Kingery (Alpha Xi Delta)  
Shauna Anderson (Alpha Xi Delta)  
Katie Forsythe (Alpha Xi Delta)  
Sana Ginawi (VCU SPARKS)  
Haadia Khan (VCU SPARKS)  
Dung Nguyentran (VCU SPARKS)  
Rachel Crow  
Ryan Blumenschine  
Jessica Adams  
Ashley Graham  
Keli Keener  
Catherine – Melissa Fletcher  
Colleen Gleason  
William Cloutier  
Emma Wilson  
China Mattex  
Shawn Kirk  
Kim Watts  
Karen Isik  
Linda Johnson  
Bill Thompson  
Betty Thompson  
Sandi Willey  
Kitty Gray  
Donna Sabel  
Karen Singleton  
Mary Bess Bolin  
Sam Hulcher  
Kyle McKenna  
Skills Development Center

### Asperger's Middle School Club Thank You

Our Asperger's Middle School Social Club would like to say a special THANK YOU to ASCV member Drew Harrison! Drew worked to collect donations for Wii games and components for the Social Club to use when it meets. He collected fourteen Wii games and many accessories including guitars, a balance board and Will remotes. Thank you Drew for all of your work, and we will certainly enjoy the new Wii donations.





## Thank You For the Following Donations

*All donations stay in the Central Virginia area to support individuals and families affected by autism.*

Cezar Fusha  
Eric Schmude  
Betty Anne Flynn  
Brendan Moran  
David and Alicia Childress  
James and Diana Marilla  
Mattie Jackson

The Autism Society Central Virginia was honored to be a recipient of a 2014 Network of Enterprising Women (N.E.W.) grant.



*The following donations were made in memory of Thomas Emmett O'Dea:*

Winifred Flanagan  
Kathleen Gardner  
Marty and Sharon Schwind  
John E. Fahey  
Teresa Wisniewski

*The following donation was made in honor of Dillon Childress:*

Norma Westnedge

## 12<sup>th</sup> Annual 5K Run/Walk for Autism

May 24, 2014



**Register!**

**Form a Team!**

**Volunteer!**

**Help Raise Funds!**

**Don't Miss It!**

*S*kills  
*D*evelopment  
*C*enter



# 2014 Summer Sessions

2900 Hungary Rd. Suite 100  
Henrico, VA 23228  
804-481-7777  
sdinfo@thesdc.org

*Bringing all the pieces together...*

A place where young adults 18 and older with developmental disabilities can learn vocational and independent life skills as well as enjoy the companionship of friends in our facilitated Rec Center

## TWO WEEK SUMMER SESSIONS

9 AM to 12 PM  
Monday thru Friday

**Session 1: June 23 - July 3**

**Session 2: July 14 - July 25**

**Session 3: Aug 4 - Aug 15**

Reserve your spot with a  
non-refundable \$50 deposit



## FACILITATED REC CENTER

12:30 PM to 6 PM  
Monday thru Friday

### Early Bird Special!

Enroll before May 23 and receive  
2 week session + rec center for  
the discounted rate of \$600  
Price after May 23: \$650

## Summer Sessions Include

### Money Management

Money in retail environment  
Managing personal funds

### Emergency Preparedness

Personal safety  
Internet safety  
Communicating with first-responders

### Cooking Class/Menu Planning

Session with professional chef  
Nutrition & budgeting

### Independent Living Skills

Personal hygiene  
Housecleaning  
Stress management

**\$10 Box Lunches available**  
**24 hrs. notice required**

### Cancellation Policy

The SDC requires a 48 hour notice by clients in order to be eligible for make-up days for our morning programs.

**Register online today**  
**at [www.theSDC.org](http://www.theSDC.org)**

May 2014

PAID ADVERTISEMENT



### MEMBERSHIP FORM

Join with hundreds of individuals with autism, their families and other caring individuals; become a part of a larger community - the Autism Society, Central VA. We can't be heard alone, but with more voices joining daily, that small voice can become a roar. We invite you to become a part of a community of hope.

**Membership in the Autism Society, Central VA provides the following benefits:**

- ASCV's monthly newsletter, the local resource for information regarding local and state autism-related issues, workshops, and community events
- ASCV's weekly e-mail updates
- Access to ASCV lending library
- Free ASCV sponsored social/recreational activities; discounted workshops

**Membership Levels:**

\_\_\_ \$5 ~ Self-Advocate (Adult w/ ASD)      \_\_\_ \$25 ~ Household      \_\_\_ \$1500 ~ Lifetime

Names(s): \_\_\_\_\_

Address: \_\_\_\_\_ Phone # \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail address: \_\_\_\_\_

*(By providing your e-mail, you will receive our weekly e-mail; your e-mail will be kept confidential)*

**Additional Donation:**

\_\_\_ \$25      \_\_\_ \$50      \_\_\_ \$100      \_\_\_\_\_ please specify amt.

**Payment information:**

\_\_\_ Check (made payable to **Autism Society**)    \_\_\_ Visa    \_\_\_ Mastercard

Name on card: \_\_\_\_\_ Expiration: \_\_\_\_\_

Card #: \_\_\_\_\_

CVV# (security code on back of card) \_\_\_\_\_ **or join online at [www.ascv.org](http://www.ascv.org)**

Signature: \_\_\_\_\_

How would you prefer to receive your newsletter: \_\_\_ by mail \_\_\_ electronically

Which free gift may we send you: \_\_\_ car magnet \_\_\_ autism pin \_\_\_ refrigerator magnet

**Please mail or fax w/ payment to:**

Autism Society, Central VA  
P.O. Box 29364  
Richmond, VA 23242  
(804) 290-0286 (fax)

# Autism Society Central Virginia

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## Would you like to place an Ad in “*Into The Light*”?

Our newsletter reaches over 600 families, professionals and educators on a monthly basis. If you would like to place an advertisement, please email it to [info@ascv.org](mailto:info@ascv.org) or mail it to us at P.O. Box 29364, Richmond, VA 23242. Deadline for entry is the 15<sup>th</sup> of each month.

### Ad Rates:

\$25.00 1/8 page  
\$50.00 1/4 page  
\$75.00 1/2 page  
\$100 full page

*The Board reserves the right to refuse to place an advertisement.*

*Non-Profits / Long Term Ads may have negotiated discount rates with Board approval.*