



Into the Light

3rd ANNUAL LIFE IN THE COMMUNITY LEARN, LIVE, WORK, AND PLAY! A FREE CONFERENCE AND RESOURCE FAIR

When: Saturday, November 15 from 8:30 am to 4:30 pm

Where: River Road United Methodist Church, 8800 River Road, Richmond, VA

Who: Self advocates, family members, educators, and service providers are invited to attend

What: Keynote Speaker, Breakout Sessions, Resource Fair, and Legislative Panel

This year we are excited to include sessions featuring self-advocates and/or their families!

Keynote: *Living a Good Life: Person Centered Planning*

The day will start with the keynote from Pat Carver, founder of Community Drive, Inc. Pat's passion is driven by her experience as a sibling of a brother with a developmental disability. Pat's later sessions will focus on ways to promote relationships and connections in the community.

Residential Options Panel Presentation

Among the panelists for the Residential Options session is Shawn Kirk, ASCV member and self-advocate, who will share his journey from group home living to owning his own condo. ASCV members Mary Miller and Jamie Miller will share Jamie's story on living in his own home with "typical" roommates. A third panelist will share his experience of living in a sponsored residential setting.

Post-Secondary Options Panel Presentation

This session will feature self-advocates representing a variety of post-secondary educational options for individuals with developmental disabilities. Students from VCU ACE-IT, Courage to Succeed, and other colleges will share their experiences in a panel presentation.

Medicaid Waivers and a Life in the Community

Ever wonder exactly how Medicaid Waivers can be used to include people with disabilities in the community - at home, at work, and at play? Join Hanover Arc's Lucy Cantrell and the ASCV's Bradford Hulcher as they share information on this important topic.

Legislative Panel

Purchase your lunch at one of the onsite food trucks and join us for the legislative panel at midday. Legislators and their representatives will be on hand to discuss issues important to the developmental disabilities community such as waiver waiting lists, restraint and seclusion in public schools, and much more.

For additional information and to register, visit: <https://lifeinthecommunity2014.eventbrite.com>



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 in our community. You can help by making a donation today!

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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 November newsletter is November 15. You may send your contributions to the above address or email contributions to 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

The vision of the Autism Society Central VA is to be the local voice and resource of the autism community in **education, advocacy, services, and support**. In all that we do, we are committed to meaningful participation and self-determination in all aspects of life for individuals on the autism spectrum and their families, at any age and any stage.

In October, we educated almost 40 family members and service providers on the IEP process. Each of these individuals left the 4-night IEP Boot Camp with a binder full of information and resources, and better able to advocate for individuals with disabilities within the school system. One of the parents who attended, Allison Thurman, shared this about the experience, "The ASCV IEP Boot Camp held in October was an INCREDIBLE training experience for my husband and me in our journey with our son through the public school system. Unlike many other IEP training opportunities that are often expensive and that primarily address the IDEA regulations, the ASCV IEP Boot Camp emphasized person-centered planning and a long term vision for your child, approaches for collaboration, and lessons learned from the instructors' personal experiences. What a great opportunity this was for all the parents that attended!" The ASCV was able to offer this educational opportunity thanks in part to a grant from the Networking of Enterprising Women (N.E.W.)

In our November Newsletter, you will find examples of many ways in which we will be working to achieve our vision in the next few months. I hope that we will see many of you at our regular monthly activities (Lego Club, Bowling, Adults Group, etc...), and at the Life in the Community 3rd Annual Conference, the VCU Woman's Basketball Game, the Tacky Light Holiday Bus Tour, and on DD Advocacy Day at the General Assembly! And remember when you are in need of resources or information, check out the Resource List on the ASCV website – www.ascv.org, email info@ascv.org, or call 804-257-0192. We are here to help!

All the Best to you and yours during this season of Thanksgiving,

Becky

Becky Boswell, MBA
director@ascv.org



ONE VOICE MAKING A DIFFERENCE FOR INDIVIDUALS WITH AUTISM, WILL YOU JOIN US?

In late September, the ASCV was contacted by staff to the Autism Advisory Council (AAC), a legislative work group of the VA General Assembly. Members of the AAC wanted to hear from families impacted by autism about their experience with the Virginia's "service system" for individuals with autism. ASCV member Karen Isik took time off from work to share her experience with the AAC...

As Autism Warriors, we do it all. We eat, sleep, dream, and live Autism 24/7/365. What would you do if asked to take your advocacy to the next level? Example: speaking to our appointed lawmakers here in the Commonwealth. Would you accept the challenge?

In September, I had the opportunity to do just that! I spoke to the Autism Advisory Council (a group of lawmakers and other professionals appointed by the General Assembly) to tell the true story of my family's life in AutismLand. Many of these groups only hear from the health system, disability groups, and other government appointed agencies. What they don't get is the "real" story; our struggle with the system, lack of services, limited accessibility to special equipment, etc. These folks got to witness the true struggle of their constituents/community by my words, body language, and tears. This was a very powerful message for them to witness.

You might ask yourself; will my voice make a difference? I question you, how will you know if you don't try? I have received two personal phone calls and three emails from the board members or the audience who want to help my son! Keep in mind, many of our children do not have a voice. We have to be that voice!

I hope to see you at the next event!

With much love and admiration,

Karen Isik



VIRGINIA RANKS 49TH IN OUTCOMES FOR INDIVIDUALS WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES

Currently, there are almost 9,000 Virginians on the ID or DD waiting lists for Home and Community Based Medicaid Waivers.

Every year since 2006, United Cerebral Palsy (UCP) produces The Case for Inclusion, an annual ranking of how well state Medicaid programs serve Americans with intellectual and developmental disabilities (ID/DD). Individuals with ID/DD, including the aging, want and deserve the same freedoms and quality of life as all Americans. The Case for Inclusion ranks all 50 states and the District of Columbia (D.C.) – not on their spending – but on their outcomes for Americans with ID/DD.

The Case for Inclusion shows how well each individual state is performing overall; how each state matches up against other states regarding key data measures; and, most importantly, the top performing states with policies and practices that should be replicated. In 2014, Virginia fell from 47th place to 49th place.

Steps you can take to make a difference:

- Attend the November 15 “Life in the Community Conference” and participate in the Legislative Panel at lunch time. Local senators and delegates and their representatives will be on hand to answer your questions and concerns.
- Contact your legislators now, before the General Assembly session begins in January, and let them know that you expect better for Virginians with developmental disabilities. You can find the names and contact information for your legislators here: <http://whosmy.viriniageneralassembly.gov/>
- Plan to join the Autism Society Central VA and other advocacy communities from across the state for Developmental Disabilities Advocacy Day on January 26 at the General Assembly.



SUPPORT THE ASCV THIS FALL!!

The Autism Society Central VA is excited to be participating in the **Sedona Taphouse - Steak Out Mondays in November**. Every Monday in November, the ASCV will receive \$1 for every \$6 steak lunch or dinner sold. Sedona Taphouse is located in the Westchester Commons Shopping Center at the intersection of Rt. 288 and Midlothian Turnpike. What a great way to start the weeks in November – enjoying great food and supporting the ASCV!



Richmondmom.com and **Synapse** are sponsoring a **Wine Down Wednesday** event for the Autism Society Central VA on **Wednesday, November 5th** at the Wine Loft in West Broad Village. There is \$10 cover charge to

participate, but special prices on select wines (full menu available) and free refreshments will be provided upstairs in the loft. We are also collecting some great raffle prizes to be given away during the evening! All proceeds from the door and raffle sales will go directly to the Autism Society Central VA! We hope you can join us for this fun evening!

We are so thankful to the many individuals, groups, and businesses that support the Autism Society Central VA on an ongoing basis! We are able to provide so many of the supports, services, and resources we do to individuals with autism and families because of the generosity of our community! We hope to see you at one or more of these upcoming events!

RECEIVE UPDATES ON WAIVER REDESIGN IN VA

An email address has been established by the Virginia Department of Behavioral Health & Developmental Services for providers, families, and individuals with disabilities interested in getting electronic updates on Virginia's Waiver Redesign Initiative.

If you would like to join this listserve, all you have to do is send an email to waiverupdates@dbhds.virginia.gov and provide your email address in the body of the email (it is not required, but feel free to also briefly note if you/a family member is on the ID or DD Waiver, on a wait list for the ID or DD Waiver, etc.)



NEWS FROM THE AUTISM SOCIETY CENTRAL VIRGINIA BOARD

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

Services and Supports

- Sponsored a sensory friendly movie in collaboration with the Byrd Theater
- Sponsored 2 Inclusive Lego Clubs
- Sponsored Adults with Asperger's Interest Groups
- Sponsored Parents of Adults w/ Asperger's Interest Groups
- Sponsored childcare for IEP Boot Camp (four nights)
- Sponsored Preschool Music group
- Sponsored Middle School Social Club
- Sponsored bowling leagues for children, teens, and adults

Advocacy

- Participated on the Senate Bill 627 Work Group
- Participated on the Region IV Reach Advisory Council
- Signed onto public comment to the Commission on Youth from the Coalition for Student Safety in support of requiring the Board of Education to promulgate regulations on the use of seclusion and restraint in public schools consistent with the U.S. Department of Education's 15 Principles on Seclusion & Restraint and Virginia's 2009 Department of Education Guidelines
- Participated on the DBHDS Integrated Day Work Group

Awareness

- Exhibited at Martial Arts World Exhibition and Competition
- Exhibited at Sons of Dominion Autism Poker Run

Education

- Sponsored a 4 session workshop: IEP Boot Camp
- Provided training to Childsavers
- Provided training to Partnership for Families Northside

**PLEASE CONSIDER DESIGNATING
AUTISM SOCIETY CENTRAL VA IN YOUR GIVING!**

Commonwealth of VA Campaign #07948

Central VA Area Combined Federal Campaign #64417

Local Government and Schools - no number; simply designate "Autism Society Central Virginia"



This November, 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.

11/1	9 am	Preschool Music Group details and registration: http://preschoolnov.eventbrite.com
11/4	10 am	Inclusive Lego Club – Chester info & registration http://inclusivelegochester.eventbrite.com
11/3		Sedona Taphouse \$6 Steak Out to benefit ASCV – lunch or dinner, see flyer insert
11/4	7 pm	Board Meeting
11/5	6:30 pm	Wine Down Wednesday to benefit the ASCV; for info see flyer insert and http://richmondmom.com/2014/10/06/wine-down-for-autism-society-of-central-virginia/
11/10		Sedona Taphouse \$6 Steak Out to benefit ASCV – lunch or dinner, see flyer insert
11/14	7 pm	VCU Women's Basketball free tickets for ASCV members; check Eventbrite e-mail for registration info
11/15		Life in Community Conference info on front page of newsletter
11/16		Bowling Leagues for children, youth and adults w/ ASD; free for ASCV members; check your e-mail for Eventbrite invitation
11/17		Sedona Taphouse \$6 Steak Out to benefit ASCV – lunch or dinner, see flyer insert
11/22	10 am	Inclusive Lego Club - Downtown details and registration @ http://inclusivelegonov.eventbrite.com
11/24		Sedona Taphouse \$6 Steak Out to benefit ASCV – lunch or dinner, see flyer insert
11/24	7pm	Adults with Asperger's/HFA Interest Group (open only to adults w/ Asperger's/HFA)

**AUTISM
SOCIETY
CENTRAL
VIRGINIA**

**NOVEMBER
CALENDAR**

Happy Thanksgiving



NOVEMBER COMMUNITY OPPORTUNITIES

- 11/03 **Hanover County Special Education Advisory Committee** meets at the Hanover County School Board Office 200 Berkley Street, Ashland, VA ;7:00-8:30 pm.; topic: Transition Assessment; open to the public; for info: rob.rlipc@comcast.net
- 11/04 **Special Needs Jump** <http://www.jumpology.us/Activities.aspx>
- 11/05-11/07 **4th Annual Virtual TechKnowledge Conference** evidence-based practices in assistive technology (AT) and practical AT strategies for students with disabilities; FREE webinars; for info: <http://vconf.gmu.edu/Conference/TechKnowledge2014/>
- 11/06 **Young Life Capernaum Westend** faith based social group for middle/high school students w/ disabilities and peers; for info: westendcapernaum@hotmail.com
- 11/06 **Young Life Capernaum Hanover** faith based social group for middle/high school students w/ disabilities and peers; for info: clint.dowda@gmail.com
- 11/06 **Young Life Capernaum Chesterfield** faith based social group for middle/high school students w/ disabilities and peers; for info: chesterfieldcapernaum@gmail.com
- 11/07 **Special Night for Special Needs @ Children's Museum Short Pump**; 5:50 pm for info: <http://www.c-mor.org/events/special-nights>
- 11/11 **Girls under the Umbrella of ASD Part 1: Diagnosis and Gender Differences** FREE webinar from VCU ACE; Dr. Lori Ernsberger; for info and to register: <http://www.vcuautismcenter.org/te/webcasts/details.cfm?webcastID=304>
- 11/11 **Young Life Capernaum City** faith based social group for middle/high school students w/ disabilities and peers; for info: citycapernaum.rva@gmail.com
- 11/11 **Henrico County Special Education Advisory Committee** 6:30 pm; meets at Brookland Middle School; topic: Vision for Exceptional Education – HCPS Superintendent Kinlaw; open to the public; for info: <http://henrico.k12.va.us/SpecialEd/SEAC.html>
- 11/12 **Chesterfield County Special Education Advisory Committee** meets at the Career and Technical Center @ 13900 Hull Street Road. 5 pm – 6:30 pm Call 594-1732 for details; open to the public
- 11/13 **Asperger's Meet-up** <http://www.meetup.com/aspergers-397/>
- 11/18 **West End / Northern Chesterfield Asperger's Meet-up** <http://www.meetup.com/aspergers-397/>
- 11/18 **Monkey Joe's Special Needs Night** from 5 pm to 7 pm; kids ages 2 - 12 w/ special needs free; closed to the public; siblings welcome \$5; 11304 Midlothian Tnpk, Richmond; info 897-5867
- 11/20 **Young Life Capernaum Westend** faith based social group for middle/high school students w/ disabilities and peers; for info: westendcapernaum@hotmail.com
- 11/20 **Young Life Capernaum Hanover** faith based social group for middle/high school students w/ disabilities and peers; for info: clint.dowda@gmail.com
- 11/20 **Young Life Capernaum Chesterfield** faith based social group for middle/high school students w/ disabilities and peers; for info: chesterfieldcapernaum@gmail.com

Thank You To The Following Volunteers

*The happiest people I know are those who lose themselves in the service of others.
~Gordon B. Hinckley*

Hayley Crittenden
Christina Horton
Xavier Moore
Zenifer Moore
Karina Nersessova
Katherine Canedo
Stephanie Strano
Rachel Hoffman
Summer Griffin
Andrew Gunter
Nancy Andelin
Paula Green
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Catherine-Melissa Fletcher
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Keli Keener
Lauren Curran
Amber Burns
Brett Burns
Jill Butler
Justin Ratliffe

Thank You For the Following Donations

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

Bill Thompson
Independence Christian Church
Ruby Tuesday
Betty Anne Flynn
Jeraldine Williams
Pauline Gregorich

Myra Taylor
Kissy Gordon
Keystone Insurers Group
Buz and Ned's Barbeque
Eric Schmude



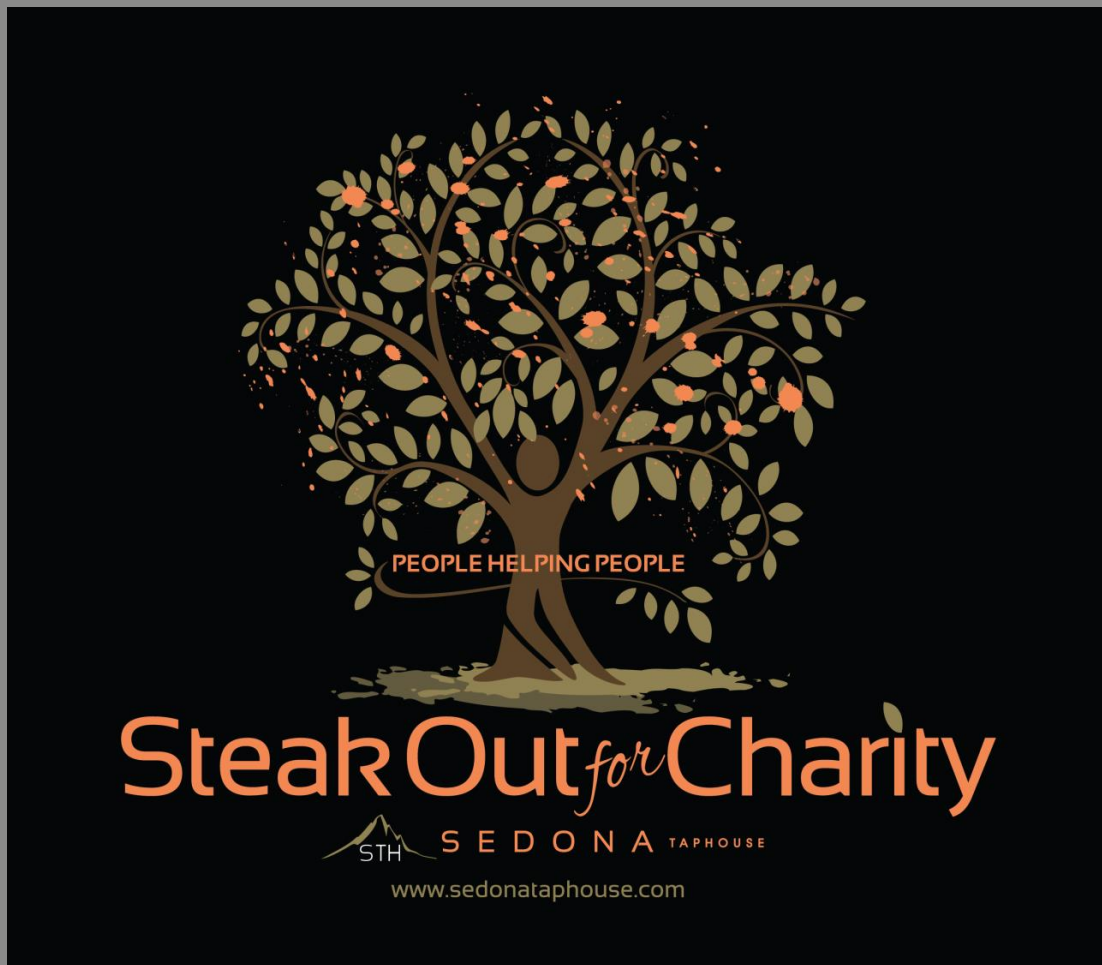
*The following donation was made in
memory of Matthew Lindsey Gray:*

Roger Wittenbach



November is **Autism Society Central VA** Steak-Out Monday Month at
Sedona Taphouse!

Support the ASCV and enjoy a great meal every Monday in November by visiting
Sedona Taphouse for lunch or dinner and ordering their delicious 8 oz Angus
Steak for \$6, and a beverage of your choice.
\$1 of every \$6 steak lunch/dinner sold will be donated to the ASCV!



Sedona Taphouse, Westchester Commons (Rt. 288 and Midlothian Turnpike), Midlothian

www.ascv.org 804.257.0192



Wednesday, November 5, 2014 at 6:30 pm
The Wine Loft in West Broad Village, Short Pump

The \$10 cover charge goes directly to the ASCV
Come network with our awesome Sponsors
RichmondMom.com and Synapse,
Enjoy delicious FREE appetizers and
Generous glasses of wine at a great discount,
And participate in a Raffle Drawing for awesome prizes!

www.ascv.org

804.257.0192

ASCV Members

Mark your calendars now, and watch your emails for a signup link for these two GREAT events!

The ASCV is purchasing tickets for members to attend the opening night game of the VCU Women's Basketball Team on Friday, November 14th.

Game tips off at 7pm at the Siegel Center.

Hope you can join us for a fun evening out!!



On Saturday, December 6 we will once again celebrate the holidays by chartering buses and riding through the city for the Tacky Light Tour.

Buses will be departing from River Road United Methodist Church that evening at 6:30pm and returning by 8:30.

We hope you will be able to celebrate with us!



Faison School for Autism

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DAY SCHOOL (ages 4-16)

LIFE SKILLS & EMPLOYMENT CENTER (ages 16-22)

AFTER SCHOOL PROGRAM (all ages)

NEW PROGRAMS

EARLY LEARNER CLASSROOM (ages 16 mos. – 4 yrs.)

Serving children with autism, developmental disorders and at-risk and neurotypical children with applied behavior analysis and early intervention services. AM and PM sessions, Mon-Fri.

ACCELERATED INDEPENDENT LEARNER (ages 6-22)

Serving students near or at grade level, working on enhancing social, self-management, and group learning skills.

CENTER FOR BEHAVIORAL SERVICES (all ages)

Serving toddlers, children, and young adults with personalized consultation, evaluation and treatment of various skills and behavioral issues.

ADULT DAY (ages 22 and up)

Providing a support program that develops, arranges, and coordinates community-focused life-long learning opportunities such as daily life skills, health and recreation programs, volunteering, and work opportunities. Mon-Fri.



Faison School for Autism

1701 Byrd Avenue • Richmond, VA 23230

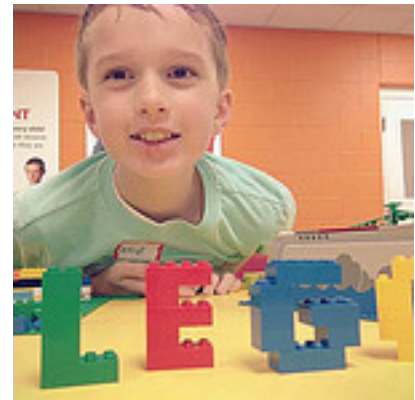
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HAVING FUN AT INCLUSIVE LEGO CLUB!



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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**

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

New Members, how did you hear about the ASCV? ☐ family ☐ friend ☐ internet ☐ other _____

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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Our newsletter reaches over 600 families, professionals and educators on a monthly basis and is archived on our website. If you would like to place an advertisement, please email it to info@ascv.org or mail it to us at P.O. Box 29364, Richmond, VA 23242. Deadline for entry is the 15th of each month.

Ad Rates:

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

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