****AUTISM SOCIETY**

Improving the lives of All Affected by Autism Central Virginia

February 2015

Volume 23, Issue 2



Into the Light

REGISTRATION NOW OPEN FOR ANNUAL CENTRAL VIRGINIA AUTISM CONFERENCE APRIL 18, 2015

Date: April 18, 2015

Time: 8am-4pm

Location: River Road United Methodist Church

8800 River Road, Richmond, VA 23229

Registration: Opens January 20, 2015

Online: http://ascvconference.eventbrite.com (Fees Apply)

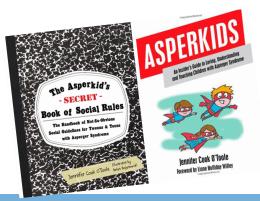
Mail In: See Registration form on pages 11-12

Cost: Self Advocates \$5 ASCV Members \$20

General Admission (Non-ASCV Members) \$55

- Opening Keynote Jennifer O'Toole, Author of the Asperkids Series
- Continental Breakfast and Boxed Lunch Included
- 4 Breakouts topics include Social Rules, Communication, Behavior, and Living an Ordinary Life
- Closing Keynote Panel Presentation by Individuals on the Spectrum











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!

BOARD OFFICERS

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Program Director: Bradford Hulcher

Outreach Coordinator: Tammy Burns

Recreational Facilitator: Brie King

This newsletter is a publication of: Autism Society Central Virginia.

200 South 3rd Street
Richmond, Virginia 23219

(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 March newsletter is February 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

13th Annual 5K Run/Walk for Autism – May 23, 2015

It's that time again!!! Time to gear up for the Autism Society Central VA 13th Annual 5K Run/Walk for Autism!!! Here are all the details!

Date: Saturday, May 23, 2015

Time: Event Starts at 8am, 5K Run/Walk starts at 9am sharp! The event wraps up by 11am.

Location: Innsbrook Pavilion, Glen Allen, VA

Registration: Opens February 1, 2015!! Register early as registration prices increase May 1st! Registration information will be available at http://ascv.org/ascv-5k/

Event Details: A family-friendly morning, which includes the Run/Walk, entertainment, food, exhibitors, and a fantastic Kid's Fun Zone. The 5K Run/Walk is a community event and one of the Autism Society Central Virginia's primary sources of income, raising over \$90,000 last year.

Ways You Can Participate:

- Register to Run/Walk (Chip Timing and Virtual Participation are back by popular demand!)
- Form a Team and Recruit Members
- Start a Fundraising Page and Seek Donations
- Share the Information with Friends, Family, Co-Workers, Neighbors, and Others in your Community
- Volunteer

And ...

• Identify and Reach Out to Potential Sponsors! - While entry fees and individual donations make a huge impact, it is sponsorship that will allow us to meet our goal of making 2015 the biggest year yet! Sponsors will not only receive recognition for their support, but can be assured they will be making a positive impact for local children, youth, and adults with ASD and their families in the Central Virginia community. If you know of a business, organization, or individual that might be interested in a sponsorship opportunity, please contact Becky at director@ascv.org for more information. A wide range of sponsorship levels is available!

As you can see, there are numerous ways in which you can support the 13th Annual 5K Run/Walk for Autism on May 23, 2015, and help the ASCV with our mission *to improve the lives of ALL affected by autism in Central VA.* I hope to see you there!

All the Best, Becky

Becky Boswell, MBA Executive Director director@ascv.org <mark>ıt</mark>ism Society Central Virginia

2015 GENERAL ASSEMBLY UPDATE

As we go to press, the General Assembly session has just begun. Session will run through the end of February.

The ASCV, as part of the Developmental Disabilities (DD) Coalition, a group of self-advocate and family organizations dedicated to advocating for inclusion & full community participation across the lifespan for the DD community, supports the DD Coalition legislative agenda. The legislative agenda addresses the following issues:

- Reduce waiting lists by streamlining the management and delivery of cost-effective I/DD services.
- Invest in a service delivery infrastructure that promotes the cost-effective use of public resources & supports Virginia's continued transition to a community-based system.
- Improve access to early intervention services.
- Implement reforms to keep students with disabilities safe from seclusion & restraint.
- Oppose plan to transition I/DD long-term services and supports to profit-making managed care companies.
- Improve access to accessible and affordable housing.

The entire legislative agenda, along with needed action steps, can be found on our website here: http://ascv.org/wp-content/uploads/2015/01/2015-DD-Coalition-Legislative-Agenda.pdf

House Bill 1940, removing the age cap on autism insurance in Virginia, was introduced on January 14 by Delegate Tag Greason. The current law limits autism insurance coverage to children ages 2 through 6. According to a January, 2013 report from Virginia Commonwealth University's Autism Center of Excellence, the average age of diagnosis in Virginia is between six and seven years of age.

Things happen quickly at the General Assembly; for that reason, it is important for our community to respond in a timely manner to action alerts that you receive from the ASCV by contacting your legislators promptly. You can find out who your legislator is and how to contact them here: http://whosmy.virginiageneralassembly.gov/



ASCV MEMBERS' WINTER POOL PARTY

Escape the COLD days of winter, and join us for a warm indoor pool time! ASCV members watch your email for the eventbrite invitation for this February 27th evening swim!

It's going to be a "SPLASHING" good time!

ASCV RECREATION SCHOLARSHIP PROGRAM APPLY TODAY!

The Autism Society Central VA sponsors the Recreation Scholarship Program throughout the year. The program was developed to help children, youth, and adults on the autism spectrum participate in recreational and social activities. Examples of qualifying activities could include, but are not limited to: day camps, overnight camps, social skills groups, recreation leagues, bowling, etc. Awards of up to \$300 per person annually are based on financial need and funds available. Partial scholarships may be awarded.

To be eligible for this scholarship, an individual must:

- be diagnosed with an autism spectrum disorder
- reside in Metro-Richmond or a surrounding county.

Although membership in the ASCV is not required to apply for a scholarship, preference is given to those families and individuals demonstrating financial need who are ASCV members. Payment will not be made for past events. Only completed applications received at least 30 days prior to the event will be considered.

Sam is a 24 year old on the spectrum and ASCV member who has utilized the ASCV scholarship program. This is what Sam had to say about his experience:

I like to do lots of social activities and participate on many leagues – kickball, corn hole, bowling and more. I work part time but the things I like to do cost money and add up! Last summer I wanted to attend the Arc of VA Convention where I have enjoyed the social activities offered such as karaoke, yoga class, and a dance. I received a scholarship to attend the convention and had such a great time, thanks to ASCV!



To learn more and access an application, visit http://ascv.org/about/recreational-scholarships/

WINTER / SPRING CONFERENCES

- February 7 From Possibilities to Practical Applications sponsored by Down Syndrome Association Greater Richmond; learn more @ http://www.dsagr.com/
- March 4 Practical Strategies to Address Executive Functioning Skills in the Student with Autism Rebecca Moyes, Ed.D; sponsored by AEP; details and registration: http://aepconnections.com
- March 5 Strategies that Work! Teaching Social, Behavior and Executive Functioning Strategies for the Student/Child with Autism Spectrum Disorder Brenda Smith Myles, Ph.D.; sponsored by AEP; details and registration: http://aepconnections.com
- March 11/12 **2015 Commonwealth Autism Service Conference** details and registration: http://www.autismva.org/
- April 18 Annual Central Virginia Autism Conference with Jennifer O'Toole, keynote; 5 breakout sessions, and resource fair; sponsored by the Autism Society Central VA; registration https://ascvconference.eventbrite.com

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

NEWS FROM THE AUTISM SOCIETY CENTRAL VIRGINIA BOARD

In January 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 an Inclusive Lego and Game Club
- Sponsored bowling leagues for children, teens, and adults
- Sponsored Adults with Asperger's Interest Group
- Sponsored Parents of Adults with Asperger's/HFA Interest Group
- Sponsored Asperger's Middle School Social Club

Advocacy

- Participated on the DBHDS Integrated Day Work Group
- Participated on the Region IV Children's Crisis Services Workgroup
- Participated on the VA Autism Council bi-monthly meeting
- Participated on the Commonwealth Council on Childhood Success
- Participated on the CCCS Health and Well Being Workgroup
- Hosted two 14-passenger vans for DD Advocacy Day at the General Assembly
- Participated in DD Advocacy Day at the General Assembly

Education

- Sponsored workshop on Exploring Medicaid Waivers
- Sponsored our first Sibshop
- Sponsored An Afternoon with John Elder Robison

Awareness

Exhibited at the Chesterfield Parent Teacher Resource Center Fair

Support the ASCV through Goodshop

Consider shopping through Goodshop for all your online shopping! Goodshop will donate up to 20% of your purchase when you shop at thousands of stores like Target, Macy's, and more. Just click on the Goodshop logo on our website's donate page http://ascv.org/membership/donate/ to sync to us for donations. Goodshop also offers tons of deals and coupons, so you can save money on things like shoes from Nike or clothes for Old Navy while supporting the ASCV.



This February, 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.

2/02	6:30 pm	Transition to Adulthood: What Parents and Guardians Need to Know for info & registration:	
		https://transitiontoadulthoodasd.eventbrite.com	AUTISM
2/03	7 pm	Board Meeting	SOCIETY
2/07	9 am	Preschool Music Group details & registration:	CENTRAL
		https://preschoolchester.eventbrite.com	VIRGINIA
2/07	10 am	Inclusive Lego & Game Club – Chester details and registration: https://legogamechester.eventbrite.com	
2/09	7 pm	Adults with Asperger's/HFA Interest Group (open only to adults with Asperger's/HFA)	FEBRUARY
2/09	7 pm	Parents of Adults with Asperger's Group	CALENDAR
2/15		Bowling Leagues for children, youth and adults w/ ASD; free for ASCV members; check your email for Eventbrite invitation	
2/16	6:30 pm	Asperger's Middle School Social Club	
2/27	6 pm	ASCV Members Indoor Pool Party ; free for ASCV members; check your email for Eventbrite invitation	
2/28	10 am	Inclusive Lego & Game Club – Downtown details and registration: https://inclusivelego-game2.eventbrite.com	

UPDATE ON THE INDIVIDUAL AND FAMILY SUPPORT PROGRAM (IFSP)

The Individual and Family Support Program received approximately 3300 applications for the current round of funding. With the funding allotted to the program about 600 requests were granted. All persons who have been approved have been contacted.

During the month of January, the 2700 applicants whose funding request has been denied due to lack of funding will receive a written response from the IFSP. Information included in the letter will direct everyone to access the below website, March 6, on how and when to apply for the next round of funding: http://www.dbhds.virginia.gov/individuals-and-families/developmental-disabilities/community-support-services

Thank you, Bob Villa Community Resource Manager DBHDS/Division of Developmental Services Phone: 804/371-4696

Fax: 804/692-0077



FEBRUARY COMMUNITY OPPORTUNITIES

2/02	Sky Zone Special Needs Sensory Night http://www.skyzone.com/richmond
2/02	Jumpology special needs night; http://www.jumpology.us/Calendar
2/02	Young Life Capernaum Chesterfield faith based social group for middle/high school students w/disabilities and peers; for info chesterfieldcapernaum@gmail.com
2/05	Young Life Capernaum Hanover faith based social group for middle/high school students w/disabilities and peers; for info clint.dowda@gmail.com
2/05	Young Life Capernaum Westend faith based social group for middle/high school students w/disabilities and peers; for info westendcapernaum@hotmaill.com
2/06	Special Night for Special Needs @ Children's Museum Chesterfield; 5:30 p.m. for info: http://www.c-mor.org/events/special-nights
2/10	In Their Own Words: The Career Planning Experiences of College Students with ASD free webinar from VCU ACE; http://www.vcuautismcenter.org/te/webcasts/details.cfm?webcastID=307
2/10	Special Needs Jump http://www.jumpology.us/Activities.aspx
2/11	Chesterfield County Special Education Advisory Committee topic: Transition (18-22) Expanding Options; meets 5 pm at the Career and Technical Center @Hull, 13900 Hull Street Road, room 256; open to the public
2/12	Richmond Asperger's Meet-up http://www.meetup.com/aspergers-397/
2/12	Young Life Capernaum Chesterfield faith based social group for middle/high school students w/disabilities and peers; for info chesterfieldcapernaum@gmail.com
2/13	Night to Shine Prom for info: http://www.nighttoshinerva.com/
2/17	West End/ Northern Chesterfield Asperger's Meet-up http://www.meetup.com/aspergers-397/
2/17	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; info 897-5867
2/19	Young Life Capernaum Westend faith based social group for middle/high school students w/disabilities and peers; for info westendcapernaum@hotmaill.com
2/19	Young Life Capernaum Hanover faith based social group for middle/high school students w/disabilities and peers; for info clint.dowda@gmail.com
2/23	Hocus, Pocus, Everybody Focus! strategies for working with students struggling with executive functioning skills; sponsored by the Henrico Parent Resource Center; details and registration: 804-328-8117



ASCV Selected to Participate in Createathon @ VCU!



at VCU (2015)

The Autism Society Central VA is thrilled to have been chosen to participate in the Createathon at VCU program this spring! CreateAthon is a program where undergraduate students learn while they serve their community with their talents and knowledge. Each spring, Virginia Commonwealth University's most talented and passionate students work with local nonprofits to provide lasting communications solutions, build capacity, and improve the Richmond community. The program recruits talented and passionate individuals to donate their communication skills to nonprofits who have identified needs in this area. During the semester, after team leaders have become familiar with the selected nonprofit, student teams and professional mentors come together in a 24-hour creative blitz to solve problems and create amazing work. In the 8 hours of sleep lost, the volunteers gain one-of-

a-kind experience that improves the Richmond community, inspires more skills-based volunteering to serve nonprofits, and provides creative and innovative marketing tools for nonprofits. Our thanks go out to the team at Createathon at VCU and SK Consulting for selecting the ASCV as a nonprofit partner in 2015!



Parent Resource Centers Provide Valuable Services in Central VA!

The Autism Society Central VA often works with area Parent Resource Centers (PRCs) in the school systems to share resources and information beneficial to families of students in the divisions. PRCs offer a valuable service by providing assistance to families and educators and encouraging effective partnerships between the home, school, and community.

PRCs serve in a variety of ways -

- Offer information about local support groups, available services, and informative workshops;
- Help parents understand the special education process;
- Provide informative workshops and guest speakers on timely issues;
- And, maintain a lending library of educational resources, including books, tapes, and DVDs, on topics of interest to parents and educators.

In January, the Autism Society Central VA was pleased to donate the remaining books in our bookstore inventory to our local Parent Resource Centers, where families and educators will be able to use them! For information on your local PRC, visit this **Resource** page on the ASCV website: http://ascv.org/resources/resource-directory/offices-exceptional-education-local-school-districts/

Thank You To The Following Volunteers

"Volunteers do not have more time – they just have more heart." ~Anonymous

Kristin Davidson Erin Schwartz Ryan DeRossett Dawn Hendricks

Suzanne "Doozie" Sparrow

Jordyn Kent

Skills Development Center

Eleanor Stickley Shawn Kirk Lucy Cantrell

Skills Development Center

Josh Stein
Brandon Dillon
Alex Graves
Michelle Zirin

Brittany Juliana
William Cloutier
Brett Burns
Erik Biehler
Jillian Morrison
Savannah Porter
Jenna Balzer
Devin Jessup
Julia Schloman
Derek Toro

McKinley McWilliams

Dean Lee Matt Stiegman Nery Romero Shy Danaeikia

Thank You For the Following Donations

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

Brendan Moran Thomas Whalen Phillip Rager Claire Rose

Norman Stephenson Altria (matching funds) Virginia Woodhead

Joseph Tregaskes DMD MS Inc. Bob Firestone and Company

Reeves and Ashley McCune

Hazel W. Steward

Harman, Claytor, Corrigan & Wellman

Karen Singleton Leigh Wear Deborah Piszcz

David Christian Helga Gilmore

Staff at VDOE Office of SPED Improvement

Lipstock Lasik & Cataract Center

Donna Greene Charles Harris The following donations were made in honor of Riley Taylor:
Jennifer McArdle
Colette Manheim

The following donations were made in memory of Matthew L. Gray:
Ed and Nancy Case
Deborah Deaton
E.F. Moseley





Central Virginia

Saturday, April 18, 2015 9:00am-4:00pm River Road United Methodist Church 8800 River Road, Richmond 23229 804-257-0192 info@ascv.org www.ascv.org



Please join us for our first Annual Central Virginia Autism Conference! Jennifer O'Toole will deliver our keynote address, "Relentless Positivity (and a Little Bit of Caffeine)." O'Toole was diagnosed as an Aspie in adulthood, is the mother of three Asperkids, the wife of an Aspie, an award-winning educator and author of the internationally celebrated "Asperkids" book series. Jennifer's books will be available for purchase at this year's conference.

- winner of the Autism Society of America's 2014 Outstanding Literary Work of the Year
- winner of 2012 Temple Grandin Award
- recipient of GRASP's 2012 Distinguished Spectrumite Medal
- · 2012 AuKids Speaker of the Year

Jennifer's awards include:

• nominee for the 2012 Autism Society Book Award and Godiva's Woman of the Year.

Conference Schedule

8:00am	Registration Opens - Resource Fair Open		
9:00am-10:30am	Keynote: Relentless Positivity (and a Little Bit of Caffeine) Jennifer O'Toole		
10:45am-12:00noon	***BREAKOUT A-1*** Been There. Get That: The Secret Social Rules Every Aspie Needs to Know But No One Tells Us Jennifer O'Toole	***BREAKOUT A-2*** Parents Have Power! How to Help Your Child Develop Social and Communication Skills Dawn Hendricks, Ph.D.	
12:00noon-1:00pm	Lunch (Boxed lunches provided) – Resource Fair Open		
1:15pm-2:30pm	***BREAKOUT B-1*** See-Through Eggshells and Chalk on the Trampoline: Building Extraordinary People through Ordinary Stuff Jennifer O'Toole	***BREAKOUT B-2*** Using Positive Behavior Supports in the Home Justin Creech, PBSF	
2:45pm-4:00pm	Panel of Experts Individuals on the Spectrum		

A resource fair will be open throughout the day, featuring local service providers and organizations.

Annual Central Virginia Autism Conference Registration

Registration includes There are two registr	s continental breakfast and ration options:	boxed lunc	h.				
1) Register online at : https://ascvconference.eventbrite.com (fees apply)							
-OR-							
2) Complete this registration form (1 per person) and mail along with check payable to ASCV to:							
ASCV Conference Registration 200 South 3 rd Street Richmond, VA 23219							
Ticket Type (Choose Or	ne):		For Planning Purposes Please Indicate Your Breakout Choices:				
☐ Self Advocate \$5	5	□A-1	□A-1 OR □A-2				
☐ Autism Society C	entral Virginia \$20	□B-1	OR □B-2				
☐ General Admission	on (Non ASCV Member) \$5	55					
Tickets are non-r	refundable.						
First Name							
Last Name							
Email							
Street Address							
City		State					
Zip		Phone					
Dietary Restrictions							
How did you hear							

Need more info? Email info@ascv.org or call 804-257-0192.

conference?





Transition to Adulthood with ASD: What Parents and Guardians Need to Know

Date: February 2, 9, & 16 Must attend all 3 sessions

Time: 6:30 p.m. - 8:30 p.m.

Location: River Road UMC 8800 River Road Richmond, VA 23229

Transition to Adulthood with ASD: What Parents and Guardians Need to Know is a free workshop designed to provide an overview of important factors and topics to consider as individuals with ASD enter the adult world.

Topics covered include:

- Age of majority
- · Disability benefits and planning
- · Post secondary readiness, education, and training
- Employment
- Housing and residential supports
- · Life in the community

Must Pre-Register @ http://transitiontoadulthoodasd.eventbrite.com Limited Seating No Registration Fee / No Onsite Registration

OPEN HOUSE: Tuesday, February 10th, 2015; 12 noon to 6 pm RSVP to: Cindy Culley at cculley@northstaracademy.net



At **Northstar Academy**, we promote educational excellence for students K-12 with disabilities who have academic, physical or social challenges.

Northstar's Career Academy, serving students ages 16-22, offers courses for vocational/employment training and internships to prepare students for success outside of the classroom.

To learn more about how Northstar Academy transforms lives or to get more information about our open house, call **804-747-1003** or visit **www.northstaracademy.net**

Northstar Academy does not discriminate on the basis of race, color, gender, age, disability, religion, or national origin.



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:						
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 □ refrigerator magnet						
New Members, how did you hear about the ASCV? ☐ family ☐ friend ☐ internet ☐ other						

Please mail, email, or fax with payment to:

Autism Society, Central VA 200 South 3rd Street Richmond, VA 23219 <u>outreach@ascv.org</u> (email) (804) 290-0286 (fax)

Autism Society Central Virginia

P.O. Box 29364 Richmond, VA 23242-0364 Non-Profit Organization U.S. Postage PAID Richmond, VA Permit No. 132

Address Service Requested



Would you like to place an Ad in "Into The Light"?

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 200 South 3rd Street, Richmond, VA 23219. Deadline for entry is the 15th of each month.

Ad Rates: \$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.