



Into the Light

TAKE ACTION TODAY ASK GOVERNOR MCAULIFFE TO END THE WAIT FOR WAIVER SERVICES AND SUPPORTS!!

There are currently over 10,000 Virginians with intellectual/developmental disabilities, including autism, on waiver waiting lists – this is an all-time high, placing the Commonwealth near the bottom nationally in providing community services and supports to individuals with intellectual/developmental disabilities.

The Autism Society Central Virginia stands with the Arc of Virginia in proposing that the Commonwealth provide 5,000 waiver slots for individuals with intellectual/developmental disabilities in the upcoming biennium budget.

Time is of the essence. The Governor and state agencies are in the process of finalizing their budget proposals. Though the budget will be released on December 17, **decisions are being made now.** Current budget proposals ONLY include the minimum number of I/DD Waivers required by the agreement and 400 additional slots above that minimum.

The Governor needs to hear your story now; let him know that you are one of 10,000 families waiting for a waiver slot! **Contact the Governor today** with your personal story; let the Governor know how the lack of community services and supports through a waiver impacts your loved one and your family. You can contact Governor McAuliffe online here:
<https://governor.virginia.gov/constituent-services/>





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

President: Bill Thompson

Treasurer: Adam Bailey, CPA

BOARD MEMBERS

Mary Bess Bolin

Staci Carr, Ph.D.

Katherine Gray, Esq.

Erin Jordan

Sairaman Kalpathi

Shawn Kirk

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Paul Warner

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Executive Director: Becky Boswell, MBA

Program Director: Bradford Hulcher

Outreach Coordinator: Tammy Burns, M.Ed.

Recreational Facilitator: Brie King, M.A. LBA BCBA

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 December newsletter is November 6th. 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

Giving Thanks...

Have you noticed that there are two sections in each one of our newsletters that offer **Thanks** to Volunteers and Donors? The Autism Society Central Virginia could not begin to provide the services, supports, activities, or scholarships we do without every single individual listed each month. Volunteers are involved in almost every aspect of our outreach activities and programs, and without consistent and regular donors and sponsors we would not have the funds to continue to make a positive difference in our community. Posting the names is just a way of acknowledging our sincere appreciation for all the gifts of time, resources, and/or money in support of the work that we do.

As Thanksgiving approaches this year, I would like to take the opportunity to thank some additional individuals and groups, who are essential to the success of our organization but who are not listed each month. First, I am truly blessed to work with a team of professional, knowledgeable, and caring individuals who give tirelessly so that the individuals with autism and families we serve are educated on important topics and aware of relevant resources and information in our community. So, thank you Bradford, Tammy, and Brie for ALL you do every day to promote our mission, **to improve the lives of all affected by autism**. The ASCV members and community are blessed by your work and dedication.

Another group of individuals who is paramount to our success is our volunteer Board of Directors. The Board is charged with directing the work and the strategic direction of the organization in alignment with our mission; helping identify funding sources and ensuring that the ASCV has adequate resources for operations; and leading committees. We currently have 10 Board Members who give of their time and resources in support of our activities. A special thank you to our current Board President, Bill Thompson, for his leadership, and to all our Board Members and Committee Chairs – Adam Bailey, Mary Bess Bolin, Staci Carr, Kitty Gray, Erin Jordan, Sai Kalpathi, Shawn Kirk, Donna Sabel, and Paul Warner. Please visit the *Our Team* page on the ASCV website -- <http://ascv.org/about/our-team/> -- to learn more about the roles each of these individuals plays in the work of our organization.

I hope you also might join me in thanking one or more of these folks the next time you see them. Wishing you All a Wonderful Thanksgiving Season!

All the Best,

Becky

Executive Director
director@ascv.org



RESOURCES FOR HAPPIER HOLIDAYS WITH ASD

The holidays can be a very stressful time for any of us - visitors, shopping, cooking, parties, decorating and more. But for children and adults on the autism spectrum, the holidays can be especially difficult. Check out the articles below for tips and tricks to help make the holidays more enjoyable for you and your friends or family members with ASD.

Celebrating Thanksgiving with your Child with ASD

<http://www.carautismroadmap.org/celebrating-thanksgiving-with-your-child-with-asd/?print=pdf>

Celebrating Christmas with your Child with ASD <http://www.carautismroadmap.org/celebrating-christmas-with-your-child-with-asd/?print=pdf>

Celebrating Hanukkah with your Child with ASD <http://www.carautismroadmap.org/celebrating-hanukkah-with-your-child-with-asd/>

Making the Most of the Holidays for Your Family and Your Son/Daughter on the Autism Spectrum Tips developed with input from organizations, including the Autism Society of America; updated annually.

<http://www.iidc.indiana.edu/index.php?pagelid=570>

Tips for Holiday Travel Preparing a child, teenager or adult with autism spectrum disorder for plane travel & new security techniques used at airport security checkpoints

https://www.autismspeaks.org/docs/family_services_docs/Holiday_Travel.pdf

Visuals and Social Stories for:

Christmas: http://www.positivelyautism.com/free/unit_christmas.html

Hanukkah: <http://www.jgateways.org/resources/chanukah>

Kwanza: <http://www.suncastletech.com/Free%20Files/Kwanzaa%20info.pdf>



SHOP SMILE.AMAZON.COM TO SUPPORT ASCV!

It is hard to believe, but the holiday season is just around the corner. As you work on your holiday shopping this year, remember to SMILE – Amazon Smile that is! 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 0.5% of your purchase will go directly to the ASCV to help support local individuals with autism and their families.



ASCV Members' Annual Holiday Party

This year the Autism Society Central Virginia will host a holiday celebration for our members at Lewis Ginter Botanical Gardens on the evening of Sunday, December 6th. Join us for light refreshments, a visit with Santa, and live holiday music. Enjoy the 2015 Garden Fest of Lights, featuring more than half-a-million twinkling lights, hand-crafted botanical decorations, model trains, family activities and more. Members, watch your e-mail for an Eventbrite invitation! **Space is limited so register early!**



REGISTRATION OPEN FOR NOVEMBER 21ST SIBSHOP!

The ASCV hosts bi-monthly Sibshops as an opportunity for brothers and sisters of children with any developmental disabilities to obtain peer support and education in a fun recreational environment. Our Sibshops are open to any sibling, ages 7-12, of a child with a special need. We meet every other month from 10am to noon. Sibshops acknowledge that being the brother or sister of a person with special needs is for some a good thing, for others a not-so-good thing, and for many somewhere in between. The Sibshop model intersperses information and discussion activities with recreation and games (designed to be unique, off-beat, and appealing). Learn more and register by November 16th here: <http://ascv.org/meetings-events/sibshops/>.



"We Care" Community Event Night

Join us for Dinner > Monday, Nov. 2

WE'RE DONATING

15%

Food &
Beverage
Sales to
Help Support

TRAVINIA
ITALIAN KITCHEN & WINE BAR

The Shops at Willow Lawn / Richmond
www.traviniaitaliankitchen.com



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:

Education

- Presented IEP Boot Camp

Services and Supports

- Sponsored a Sensory Friendly Movie in collaboration with the Byrd Theatre
- Sponsored an Inclusive Lego and Game Club
- Sponsored Adults with Asperger's Interest Group
- Sponsored Parents of Adults with Asperger's/HFA Interest Group
- Sponsored the Asperger's Middle School Social Club
- Sponsored Bowling outing for children, youth and adults with ASD

Awareness

- Interviewed for the WWBT Noon News
- Exhibited at the Amelia Street School Resource Fair
- Exhibited at the Martial Arts World Event
- Exhibited at the Sons of Dominion Poker Run
- Exhibited at the Amelia Car Club's Courthouse Car Show
- Interviewed on Virginia This Morning, WTVR Channel 6

Advocacy

- Participated on the DOJ Stakeholder's Group
- Participated on the Governor's 100 Day Challenge Region IV Housing Services and Supports Work Group
- Participated in DBHDS Individual and Family Support Work Group
- Participated in Region IV REACH Advisory Council (Adult Crisis Services)
- Participated in VCU ACE Advisory Council
- Participated in The Advisory Consortium on Intellectual and Developmental Disabilities (TACIDD)



WORKSHOPS AND CONFERENCES

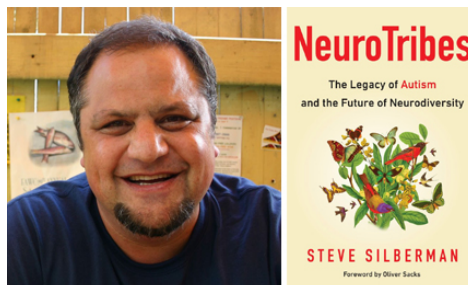
- 11/02 **Understanding the Components of the IEP: The “Meat & Potatoes” of the IEP;** 6:30pm-8:00 pm at Henrico Theatre, East 9 Mile Road, Highland Springs: register at <http://goo.gl/forms/XK296yTcV4>
- 11/07 **Life in the Community: Live, Learn, Work and Play! Conference and Resource Fair** FREE; information on postsecondary education, employment, recreation, and housing; sponsored by the Autism Society Central VA, the Down Syndrome Association of Greater Richmond, and The ARC of Hanover; details and registration <https://lifeinthecommunity2015.eventbrite.com>
- 11/10 **Drawing a Blank** readers on the autism spectrum who can decode well but don't understand are experiencing what amounts to a reading disability. Because of features of ASD, these readers face unique challenges and need specialized intervention. Learn what research tells us about this problem AND evidence-based solutions to try. Free webcast from VCU ACE; register here: <https://vcuautismcenter.org/te/webcasts/upcoming.cfm>
- 11/10 **Connecting Partners and Resources to Prepare Youth for Careers: A Federal Partners in Transition Webinar** FREE; educational practices, career development and employment strategies, and benefits counseling will be presented; register before November 9th at <https://attendee.gotowebinar.com/register/3726245276081155842>

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

NeuroTribes: The Legacy of Autism and the Future of Neurodiversity Author to Speak at William and Mary

Journalist and author Steve Silberman will speak at William & Mary Nov. 8, kicking off the university's new Olitsky Family Foundation Neurodiversity Speaker Series for 2015-16. The event, hosted by the W&M Neurodiversity Initiative, will be held at 7 p.m. in the Sadler Center's Commonwealth Auditorium. **This event is free and open to the public.**

Silberman is the author of the New York Times bestseller *NeuroTribes: The Legacy of Autism and the Future of Neurodiversity*, which includes a foreword by the late neurologist and author Oliver Sacks. Find more info here: <http://www.wm.edu/news/stories/2015/neurodiversity-speaker-series-established-at-wm.php>



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.

11/02	4pm-10pm	Travinia Italian Kitchen & Wine Bar Community Event Night benefiting the ASCV, more info http://ascv.org/wp-content/uploads/2015/09/Give-Back-ASCV-Richmond.pdf
11/03	6 pm	Board meeting , 200 South 3 rd Street, Richmond, 23219
11/07		Life in the Community Conference and Resource Fair , Reynolds Community College, more info and registration: https://lifeinthecommunity2015.eventbrite.com
11/13		Asperger's Middle School Social Club members, check your e-mail for Eventbrite invitation
11/14	10 am	Inclusive Lego & Game Club – Chester , details and registration: https://inclusivelegochesternov.eventbrite.com
11/15		Autism Society Bowling Leagues – Uptown Alley members, check your e-mail for Eventbrite invitation
11/21	2 pm	Sensory Friendly Movie at the Byrd Theatre, Carytown
11/21	10 am	Sibshop , 200 South 3 rd Street, Richmond, 23219, details and registration (registration closes 11/16) http://ascv.org/meetings-events/sibshops/
11/30	7 pm	Adults with Asperger's/HFA Interest Group (open only to adults with Asperger's/HFA)

**AUTISM
SOCIETY
CENTRAL
VIRGINIA**

**NOVEMBER
CALENDAR**

UNITED WAY

Thank you for considering the Autism Society Central Virginia in your United Way giving. The ASCV participates in the following Campaigns:

- Commonwealth of VA Campaign #07948
- Central VA Area Combined Federal Campaign #64417
- Local Government and Schools - no number; simply designate "Autism Society Central Virginia"

In other United Way or employee giving programs, employees are sometimes able to simply write in our name "Autism Society Central Virginia" to donate in this way. Our EIN number is 46-1250829 if needed.

NOVEMBER COMMUNITY OPPORTUNITIES

- 11/02 **Hanover County Special Education Advisory Committee** 7pm-8:30pm at Hanover County School Board; open to the public
- 11/02 **Skyzone** special needs night; <http://www.skyzone.com/richmond/Calendar>
- 11/03 **Jumpology** special needs night; <http://www.jumpology.us/Calendar>
- 11/12 **Young Life Capernaum Chesterfield** a faith based opportunity for middle and high school students with intellectual and developmental disabilities to experience fun, to develop fulfilling friendships and to challenge their limits while building self-esteem; Sycamore Presbyterian Church, 510 Coalfield Road, Midlothian; for info: [804-380-8415](tel:804-380-8415)
- 11/06 **Special Night for Special Needs** at Children's Museum Chesterfield; 5:30 pm, for info: <http://www.c-mor.org/events/special-nights>
- 11/08 **The Bully Show** a musical using fairy tales to discuss how bullying is hurtful; performed by The Dreamers Theater, a troupe of dedicated adult actors with developmental disabilities; at the Firehouse Theatre, 1609 West Broad St.; \$5; shows at 3 pm & 7 pm
- 11/11 **Chesterfield County Special Education Advisory Committee** topic: *Family Life Education and Students with Disabilities*; meets at 5 pm @ the Career and Technical Center, 13900 Hull Street Road, room 256; open to the public; contact 804-639-8918 for more info and info on making public comment
- 11/11 **Henrico County Special Education Advisory Committee** topics: *Behavior Support and Guidelines for Managing Students' Behaviors*; 6:30pm-8pm at Brookland Middle School; open to the public
- 11/12 **Young Life Capernaum Hanover** a faith based opportunity for middle and high school students with intellectual and developmental disabilities to experience fun, to develop fulfilling friendships and to challenge their limits while building self-esteem; for info: email@alexbrito.org
- 11/12 **Richmond Asperger's Meet-up** <http://www.meetup.com/aspergers-397/>
- 11/14 **Game on Aspergers** from 2-4 pm at the Clover Hill Public Library (small meeting room), 6701 Deer Run Drive, Midlothian. Adults 18 and older with Asperger's have fun playing games and hanging out. Free. Info: 804-335-6634 or willkir77@gmail.com
- 11/17 **Monkey Joe's Special Needs Night** from 5 pm-7 pm; kids ages 2-12 with special needs free; closed to public; siblings welcome \$5; info 897-5867
- 11/18 **West End/ Northern Chesterfield Asperger's Meet-Up**
<http://www.meetup.com/aspergers-397/>
- 11/19 **Young Life Capernaum Westend** a faith based opportunity for middle and high school students with intellectual and developmental disabilities to experience fun, to develop fulfilling friendships and to challenge their limits while building self-esteem; West End Presbyterian, 9008 Quiocassin Rd, Richmond, 23229; for info: westendcapernaum@gmail.com
- 11/25 **Gaviota Group** support group for Latino families with autism; meets at the Sacred Heart Center, 1400 Perry Street, Richmond, 23224; RSVP at 804-646-0145
- 11/28 **Game on Aspergers** see 11/14 info above for details

Thank You To Our Volunteers

*"We rise by lifting others."
~Robert Ingersoll*

Becky Early
Davis Long
Tom Long
Wendy Zurita
Nicole Ilechie
Caitlin Lange
Deja Taylor
Christina Omland
Kierra McNair
Sam Tuz
Justine Harper
Nancy Andelin
Dean Lee
Alex Lavalls
Chuck Cecchini
Chuck Hulcher
James Tyree
Skills Development Center

Kelly Galloway
Michelle Zirin
Shy Daraeki
EJ Kochis
Matt Blackshaw
Nery Romero
Kyle Jacobson
Katherine Zink
Dana Owens
Ethan Miller
Miranda McCollum
Hannah Miller
Jennifer Fjelsted
Cory Rudloph
Meghan Cinelli
Matt Cinelli
Riely Capece
Evan Albrect

We would love to add your name to this list. We are always looking for individuals, 18 and older, who would like to get involved. Contact Tammy at outreach@ascv.org to find out how you can volunteer for the ASCV too!

THANK YOU!!!!

A special THANK YOU to the following for hosting recent fundraisers to benefit the Autism Society Central Virginia!!!

- Keystone Insurers Group, Inc. and Partners
- Sons of Dominion Motorcycle Club and the Sponsors of the 3rd Annual Poker Run for Autism
- The Amelia Car Club and the Sponsors of the First Annual Courthouse Car Show
- Martial Arts World and the Students, Families, and Demo Teams from all 10 Area Locations

Thank you for helping us *improve the lives of all affected by autism!!*

Thank You!

Thank You For the Following Donations

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

Miguel Cruz & Wanda Valentin
 Compton Family
 Mary Bess Bolin
 Sairaman Kalpathi
 Becky Boswell
 Paul & Laraine Warner
 MaryAnn Wolfgang
 Phillip Tibbs
 Jesselle Christenson
 Tilghman Keiper
 Bill Thompson
 Trey Hartt
 Angie Dykes
 Donna Sabel
 Staci Carr
 Phil & Janet Card
 Kitty Gray
 James & Catherine Arrowood
 Sandi Wiley
 Michael Arrington
 Jennifer Barnum
 Mr. & Mrs. Bernard Pair
 Paul Quel
 Joseph James Laut
 Tracey Matthews
 Debra Stevens
 Linda Oggel
 Technical and Management Resources
 Wendy Linkous
 Dan Feldman
 Brendan Moran
 JM Hensel-Smith
 Tim & Robyn Hofmeyer
 Hill Phoenix
 Lipstock Lasik & Cataract Center
 Eric Schmude
 Mamie Robinson
 Brian Jones & Mandy Burnett
 Evan & Berkleigh Watts
 Catherine Crichton
 Misha Ghazarian
 Alexis Oristain
 Eric Glymph
 Nikki Olsen
 Cobb Technologies
 Zain Hyder
 Curt Baxter

Markel Corporation (matching gift)
 Sharon Powers
 Marie Tesh
 Dr. Baxter Perkinson, Jr.
 Jennifer & James McLemore
 Norman Blackburn Jr.
 Kathleen Esselstyn
 Holly Armpriester

The following donations were made in memory of James "Jim" Miller:

James & Stephanie Walker
 Alice Spilman
 Amy Doyle

The following donations were made in memory of Steven McCarthy:

Pulmonary Associates of Richmond
 Good Shepherd Episcopal School
 Job & Cathie Lippincott
 Robbye & Sam Daniel

The following donations were made in memory of Bill Griffith:

Travis Hicks
 CCPS Online Department
 Rebecca & Michael Lustig

The following donations was made in memory of Charles Jones:

Harriet & Punky Lumpkin

The following donations were made in memory of Mabel Childress:

Judith Kane
 Paul Warner
 Chuck & Bradford Hulcher

The following donation was made in honor of Dillon Childress:

Norma Westnedge

The following donation was made in honor of Isaac Hannon:

Jacques Fuentes

Life in the Community

Learn, Live, Work, and Play! Free Conference & Resource Fair

For Students & Adults with Developmental Disabilities, Families,
Educators & Service Providers

Saturday, November 7, 2015
8:30am – 4:00pm

Help! I Need to Get My Child A Job: Pathways to Competitive Employment

Keynote by: Paul Wehman, Ph.D., VCU—RRTC

Community Integration & Medicaid Waiver Redesign

Heather Norton, VA. Dept. of Behavioral Health & Developmental Services

Preparing for Tomorrow:

Essential Activities to Encourage Adult Independence Preschool - High School

Carol Schall, Ph.D., VCU-ACE

Housing Options Using a Microboard

David Johnson, Esq. VA Microboard Association

RESOURCE FAIR

25+ vendors providing services for living, working, learning & playing

-NEW LOCATION -

Host Sponsor

Reynolds Community College

1651 E. Parham Road - Richmond, VA 23228

Massey Technology Center & Burnette Hall

The Conference is FREE; registration at:

www.LifeInTheCommunity2015.eventbrite.com

SPONSORING ORGANIZATIONS:

Autism Society Central Virginia - info@ascv.org (804-257-0192)

Down Syndrome Assoc. of Greater Richmond- Dsagreducation@gmail.com (804-525-7731)

The Arc of Hanover - info@hanoverarc.org (804-798-2400)



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 Virginia. 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 Virginia 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
- Discounted workshops and conferences
- Free ASCV sponsored social/recreational activities

Membership Levels:

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

Name(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 amount

Payment information:

___ Check (made payable to **Autism Society Central Virginia**) ___ 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 ☐ no gift needed

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

Please mail, email, or fax with payment to:

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

Autism Society Central Virginia

200 South 3rd Street
Richmond, VA 23219

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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 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 November 6th.

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.