



Into the Light

WINTER/SPRING 2016 ASCV WORKSHOPS AND CONFERENCES

Check out the exciting topics we will be covering over the next few months:

- Jan. 8 **ASD & Sexuality**
Dr. Staci Carr, Autism Center for Excellence at VCU
- Feb. 5 **Extended School Year Services**
VDOE Parent Ombudsman Services
Gloria Dalton, VA Department of Education
- Mar. 4 **Recreation Resource Fair**
Over 25 vendors sharing information on camps, sports opportunities, social programs, and much more
- April 15/16 **2nd Annual Central VA Autism Conference** The 2016 Central VA Autism Conference will feature Dr. Robert Naseef, author of ***Autism in the Family: Caring and Coping Together***. As a psychologist and father of an adult child with autism, Robert Naseef presents a perspective on developing and maintaining an emotionally healthy family--no simple task when the family includes a child with special needs. His presentations will include:
- Friday evening:
Revisiting Masculinity: For Fathers of Children with Autism (for dads only)
- Saturday:
- ***Being Present: The Family Journey to Acceptance and Resilience***
 - ***Special Children, Challenged Parents, Caring Professionals: Building Partnerships***
 - ***Understanding and Guiding Your Child's Behavior***
 - ***Panel of Dads and Sons*** – facilitated by Dr. Naseef





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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Treasurer: Adam Bailey, CPA

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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 February newsletter is January 11th. 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

As we close the books on 2015....

As this year draws to a close, we would like to take the opportunity to thank the many partners, collaborators, volunteers, and donors that have helped contribute to the success of our numerous programs and events in 2015. It is because of your generosity that we are able to offer the services and supports that we do to individuals with autism and their families, at any age and any stage, year-round in Central Virginia. The ASCV will continue to count on your support in the year ahead as we endeavor to grow our programs and services to better meet the needs across our geographical region.

We would also hope that when you consider making your year-end tax-deductible donations, that you will put the ASCV at the top of your giving list! To all who spread awareness and acceptance, who donate time and gifts, and who share our mission **to improve the lives of ALL affected by autism**, we send our heartfelt thanks for your support!

All the Best to You Always and My Very Best Wishes for a Healthy and Happy Holiday Season.

Becky

Becky Boswell, MBA
Executive Director
director@ascv.org



CHECK OUT THE MANY WAYS TO GIVE TO THE AUTISM SOCIETY CENTRAL VIRGINIA

Explore all the many ways to give:

Employee/Matching Gifts – Maximize the impact of your gift through employer-matched funds. Many companies match their employees' charitable contributions. Companies may also match gifts from employee spouses, retirees, and Board members.

Honorary – Celebrate a birthday, anniversary, or other special occasion with a gift honoring a spouse, friend, family member or loved one.

Memorial – Memorial gifts may be made to the ASCV to celebrate and honor the life of a loved one.

Planned Giving – Receive tax and other financial benefits while giving to the ASCV. Plan a gift for the future by working with a financial advisor to set up an IRA Charitable Rollover, trust or bequest, or beneficiary designation on a life insurance policy.

Unrestricted Giving – Give a cash donation that allows us to fund ongoing and new programs.

There are three ways to make direct donations:

Online: With our online donation form you can make donations with paypal – it's fast, free
and secure! <http://ascv.org/membership/donate/>

By phone: (804) 257-0192

By mail: If you prefer to mail your donation, please send your check to:
Autism Society Central Virginia
200 South 3rd Street
Richmond, VA 23219

Your gift will help support autism education, awareness, advocacy, research, and most importantly, enable us to assist LOCAL families living with autism. The Autism Society Central Virginia is a not-for-profit 501(c)(3) organization. Donations are tax-deductible.



JANUARY 8, 2016 ASCV WORKSHOP ASD AND SEXUALITY

Dr. Staci Carr will present information on *ASD and Sexuality* at our first meeting of the New Year. All persons are sexual beings, and that does not change if you have an autism diagnosis. However, interest in sex or in developing an intimate sexual relationship with another person varies widely across individuals at all ability levels. We continue to struggle to talk about this topic openly, and often do not know who should be providing the supports needed for students to access sexual education curricula. This candid talk will address myths about sexuality, facts, and the top topics that should be taught to your son or daughter regardless of the supports they need.

Staci Carr received a master's degree in education from Harvard University and a Ph.D. in Developmental Psychology from Virginia Commonwealth University. Since 1993, Staci has been working and conducting research in the field of Autism Spectrum Disorder, specifically addressing Social Skills Training and Social Competence, Quality of Life, Transition to College, and Relationships and Sexuality, and first responder training and preparedness. She has worked in Michigan, New York, Massachusetts, Rhode Island, and Virginia developing programs to support individuals in a variety of settings with varying abilities. Additionally, Dr. Carr has consulted nationally on issues related to adolescents and young adults with ASD.

This workshop is free and open to the public; details and registration can be found here: <https://asd-sexuality.eventbrite.com>

FREE ONLINE COURSES OFFERED BY AUTISM CENTER FOR EXCELLENCE AT VCU

Jan. 11 - Feb. 15

Strategies for Supporting Positive Behaviors in Students with Autism Spectrum Disorder

Students with ASD often present behaviors that interfere with learning in the educational setting. It is necessary to understand how and why interfering behaviors develop and to have knowledge of evidence based interventions designed to support positive behavior change. This course is designed to provide educators and family members with skills and knowledge needed to support students with ASD in the educational setting. Course description and registration:

<https://vcuautismcenter.org/te/courses/strategies.cfm>

Self-paced Online Course

My Child Was Just Identified with an Autism Spectrum Disorder: Now What Do I Do?

Designed to introduce families to the characteristics, needs, and recommended services for young children with Autism Spectrum Disorder, this course will provide a brief description of the defining characteristics of an Autism Spectrum Disorder. The focus of this course, however, is on effective services, supports and strategies to be implemented. Course description and registration:

<https://vcuautismcenter.org/te/courses/parents.cfm>

ASCV MEMBERS, SAVE THE DATE FOR THIS EXCITING OPPORTUNITY

ASCV Members, please be on the lookout for your special invitation to preview a Documentary Film, *The Family Next Door*, on Saturday evening, January 30th at River Road United Methodist Church. The producers of this film followed a family, which included two children on the autism spectrum, for sixteen months and captured first hand the emotional impacts of living with autism on all involved. The ASCV will be inviting all who live in our community to a Premier Showing of this documentary in late March as our kickoff to National Autism Awareness Month, and as we work to spread understanding, acceptance, and inclusion for all. We hope that you will plan to attend the preview and then help us by providing contact information for those in your community who would benefit from viewing this film and learning more about *The Family Next Door*.



REGISTRATION OPEN FOR JANUARY 16TH, 2016 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 here: <http://ascv.org/meetings-events/sibshops/>.



HAVE YOU CHECKED OUT THE ASCV WEBSITE LATELY?

New Resources are always being added to our website, so be sure to check our Resource List frequently! We have also recently added several new pages in an effort to illustrate how your donations to the Autism Society Central Virginia make an impact in our community! When you have a chance, please check out the pages under the "Get Involved" tab, including the side tab, "What Do My Gifts Fund?" As always, we welcome your feedback and value your input on all of our current activities. Please let us hear from you on how the ASCV makes a difference in your or your family's life as we would love to share your stories with others!

NEWS FROM THE AUTISM SOCIETY CENTRAL VIRGINIA BOARD

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

Education

- Co-Hosted the *Life in Community Conference and Resource Fair*

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 the Asperger's Middle School Social Club
- Sponsored Bowling outing for children, youth and adults with ASD
- Sponsored Sibshops

Awareness

- Exhibited at Temple Grandin Event
- Presented at Kindness Revolution Event
- Exhibited at Travinia Italian Restaurant fundraiser
- Participated in the Deep Run HS Dance Marathon Bowling fundraiser

Advocacy

- Attended Central VA Coalition Meeting

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.



WORKSHOPS AND CONFERENCES

- 12/03 **IEP Toolkit: Understanding Individualized Education Plans** sponsored by Hanover PRC; 6:30 pm – 8:30 pm @ Liberty Middle School; RSVP to hanoverprc@hcps.us
- 12/07 **Safety & Autism: Helping Caregivers and Providers** free webinar that will cover the basics of sexual abuse, strategies to keep children safe, and ways to make conversations about sex and safety easier for children with disabilities; 1:00pm; register <https://goo.gl/iK9ozU>
- 12/08 **Drawing a Blank II** – free webcast from VCU ACE; what is an educator or parent to do with the dearth of evidence-based options to help readers with ASD who can decode well but don't understand? Join us to learn about some practical, promising practices; details and registration: <https://vcuautismcenter.org/te/webcasts/upcoming.cfm>
- 12/21 **Discussion of the Governor's Budget Items Related to Medicaid Waiver Services** free webinar; noon – 1 pm.; register at <https://attendee.gotowebinar.com/register/3058905490608158721>
- 01/12 **Understanding Medicaid Waivers** sponsored by the Henrico County Parent Resource Center; 7 pm; contact rcsoniat@henrico.k12.va.us for additional information or to register
- 01/12 **Understanding Autism as an Information Processing Disorder** free webcast from VCU ACE; students with autism spectrum disorder have significant information processing deficits that impact functioning in many areas; Dr. Nicole Beurkens will review the current research on processing in ASD in order to lay a foundation for understanding the types of strategies that are helpful to address these deficits; details and registration: <https://vcuautismcenter.org/te/webcasts/upcoming.cfm>
- 01/20 **IEP Toolkit: Understanding Individualized Education Plans** sponsored by Hanover PRC; 6:30 pm – 8:30 pm at Battlefield Park Elementary School; RSVP to hanoverprc@hcps.us

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



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This December and January, 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.

12/05	10 am	Inclusive Lego & Game Club – Chester , details and registration: https://declegoclubchester.eventbrite.com
12/06		ASCV Member Holiday Party
12/12	2 pm	Sensory Friendly Movie at the Byrd Theatre, Carytown
12/13		Autism Society Bowling Leagues – Shrader Lanes members, check your e-mail for Eventbrite invitation
12/19	10 am	Inclusive Lego & Game Club – Downtown , details and registration: https://downtownlegodec.eventbrite.com
01/05	6 pm	Board meeting , 200 South 3 rd Street, Richmond, 23219
01/08	7 pm	Monthly Society Meeting: ASD & Sexuality Workshop ; details and registration: http://asd-sexuality.eventbrite.com
01/08		Asperger's Middle School Social Club members, check your e-mail for Eventbrite invitation
01/09	10 am	Inclusive Lego & Game Club – Chester , details and registration: http://chesterlegojan.eventbrite.com
01/16	10 am	Sibshop , 200 South 3 rd Street, Richmond, 23219, details and registration (registration closes 1/12) http://ascv.org/meetings-events/sibshops/
01/16	2 pm	Sensory Friendly Movie at the Byrd Theatre, Carytown
01/17		Autism Society Bowling Leagues – Uptown Alley members, check your e-mail for Eventbrite invitation
01/25	7 pm	Adults with Asperger's/HFA Interest Group (open only to adults with Asperger's/HFA)
01/25	7 pm	Parents of Adults with Aspergers/HFA Interest Group
01/29	6 pm	ASCV Members' Indoor Pool Party , watch your email for Eventbrite invitation
01/30	10 am	Inclusive Lego & Game Club – Downtown , details and registration: https://downtownlegojan.eventbrite.com

**AUTISM
SOCIETY
CENTRAL
VIRGINIA**

**DECEMBER/
JANUARY
CALENDAR**

DECEMBER / JANUARY COMMUNITY OPPORTUNITIES

- 12/03 **Young Life Capernaum Chesterfield** a faith based opportunity for middle and high school students with intellectual and developmental disabilities; for info: [804-380-8415](tel:804-380-8415)
- 12/03 **Young Life Capernaum Hanover** a faith based opportunity for middle and high school students with intellectual and developmental disabilities; for info: email@alexbritto.org
- 12/04 **Special Night for Special Needs** at Children's Museum Short Pump; 5:30 pm, for info: <http://www.c-mor.org/events/special-nights>
- 12/07 **Skyzone** special needs night; <http://www.skyzone.com/richmond/Calendar>
- 12/08 **Jumpology** special needs night; <http://www.jumpology.us/Calendar>
- 12/10 **Richmond Asperger's Meet-up** <http://www.meetup.com/aspergers-397/>
- 12/12 **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
- 12/15 **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
- 12/16 **West End/ Northern Chesterfield Asperger's Meet-Up**
<http://www.meetup.com/aspergers-397/>
- 12/17 **Young Life Capernaum Westend** a faith based opportunity for middle and high school students with intellectual and developmental; for info westendcapernaum@gmail.com
- 12/23 **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
- 12/26 **Game on Aspergers** see 12/12 info above for details
- 01/04 **Hanover County Special Education Advisory Committee** 7pm-8:30pm at Hanover County School Board; topic: Transition, Paul Wheman, Ph.D.; open to the public
- 01/04 **Skyzone** special needs night; <http://www.skyzone.com/richmond/Calendar>
- 01/05 **Jumpology** special needs night; <http://www.jumpology.us/Calendar>
- 01/13 **Chesterfield County Special Education Advisory Committee** topic: *Positive Behavior Supports and Student Behavior* 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
- 01/14 **Richmond Asperger's Meet-up** <http://www.meetup.com/aspergers-397/>
- 01/20 **West End/ Northern Chesterfield Asperger's Meet-Up**
<http://www.meetup.com/aspergers-397/>
- 01/26 **Henrico County Special Education Advisory Committee** topic: *Diploma Options; Testing (VAAP & SOL)*; 6:30pm-8pm at Brookland Middle School; open to the public
- 01/27 **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

Thank You To Our Volunteers

*"Nobody can do everything, but everyone can do something."
~Unknown*

Alicia Green
La Keisha Hobbs
Jo Horne
Cynthia Lantz
Shelly Lantz
Andy Parada
Laurie Parada
Laura LeBlanc
Dennis LeBlanc
Ashley Moy
Jessica Kim
Steffan Rau
Cody Wilson
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Brittany Hood
Avery Tabb
Shelby Schelin
Quint Street
Christina Omland
Brittany Short
Ali Davis
Kevin Tanguay
Tyler Clark



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 For the Following Donations

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

Lisa Dean
TGI Fridays
Connie Morgan
Mary Ellen Cone
Edie Collins
Bradley Carver
Sandra Clements
Joy & Don Garrett
Isabella Worrell
Dominion Foundation (matching funds)
Charles & Nicole Harris
Susan Gross
Ellen Branson
Shelia Shannon
Randi Tuck
Lucy White
Ryan Wall
Debra Stevens
Mary Blanchette
Focus Richmond
Garland Dietz
Karen Bloom
Bennee Marshall
S.F. Cybulski
Jennifer Atkinson
Kelli Brown
Patricia Yancey
Michelle Terry
Sarah Woodhouse
Martial Arts World

Becky Cope
Megan Sisson
Jennifer Cobb
Andrew Ferguson
Sons of Dominion Motorcycle Club
QSI
Amelia Car Club
Kitty Gray
Doris Linkous
Stacey Coe
Kristy Redford
Brenda Brantley
Trip Poole
Mark & Kirsten Elim
Lisa Keene

The following donations were made in memory of Mabel Childress:

David & Janine Blaha
Joyce Hastings
Nan McKenney
Gerald Gordon
Constance Rice
Dean and Sally Mook
Melanie & Paul Epperson
Johnston-Willis Hospital Nurses Alumnae
River City Bank Installers, Inc.
Bon Air UMC Minner Waters Sunday School
Howard & Ruth Walton
Will & Joanne Gabber

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.





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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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 January 11th.

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.