



Into the Light

14th ANNUAL 5K RUN/WALK FOR AUTISM – MAY 28, 2016

TEAMS ARE FORMING NOW!

Have you registered for the 14th Annual 5K Run/Walk for Autism yet? Registration is open now at <http://ascv.org/ascv-5k/>.

Consider inviting your friends and forming a team! Over 92 teams participated last year and we are looking forward to new teams joining us this year. Forming a team is a great way to encourage family and friends to participate in the Autism Society Central Virginia 5K Run/Walk. Many families form teams to honor their loved ones with autism; others form a team based on a place of work, club, or civic organization. The easiest way to form a team is by registering online. You will be guided through the process as you register.

Many teams designate themselves with special t-shirts, hats, or signs. Your team may walk with a sign or banner, provided you are mindful of the runners and yield to the other participants.

Team Captains are eligible for a few special awards:

- Largest Team - An award for the team with the most registered participants.
- Highest Fundraising by a Team - An award for the team that raises the most money by race day.
- The Don Mayfield Award – An award for the team with the most spirit. Dr. Don Mayfield was a founding member of the annual ASCV 5K and served on the ASCV board. His passion for helping the autism community is commemorated each year with this special award. Each year, one team is chosen for this honor, based on the spirit and creativity of the team.



To learn more about forming a team, visit <http://ascv.org/ascv-5k/teams/> today!



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.
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 March 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 Board reserves the right to refuse to include any information, organization, business, or group where evidence-based practices are not evident. Ads for personal or organization fundraisers will not be accepted. 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

Our Advocacy Does Matter!

On February 1st, I had the honor of riding one of two Autism Society Central VA (ASCV) sponsored vans with a group of self-advocates, family members, and professionals to visit with our legislators for Developmental Disabilities (DD) Advocacy Day at the Virginia General Assembly. Once we arrived at the General Assembly and cleared the security check-point, we regrouped and traveled together to the first scheduled legislative visit with Delegate Kirk Cox. After each individual in our group introduced themselves to the Delegate, we thanked him for his sponsorship of the budget amendment that would cut the current I/DD Waiver Waiting List in half. Currently, more than 10,300 Virginians with intellectual and developmental disabilities (I/DD) are waiting for Medicaid waiver home and community based services. The passage of this amendment is crucial, as the Governor's proposed budget only includes 775 new waiver slots, which would not address the number of additional individuals who will be added to the waiting list in 2016.

Our group then split up and visited with our different legislators, sharing pictures of family members, stories, and information on proposed legislation that would make a positive difference in the lives of their constituents with I/DD, including the budget amendment proposed by Delegate Cox. We also spoke with and left information with many legislative aides, inviting them to contact the ASCV anytime they had questions or needed information about autism. As we traveled the halls of the General Assembly, we crossed paths with representatives from many other advocacy groups, including the Autism Society Northern VA, the Arc of VA, the Arc of Hanover, and the Down Syndrome Association of Greater Richmond, all of us advocating for an end to the wait for A Life Like Yours (ALLY) for individuals with I/DD.

When you receive this newsletter, I will have just returned from visiting with our elected officials in Washington, D.C. at the National **Day on the Hill** with staff from the Autism Society's national office and representatives from other Autism Society Affiliates from across the United States. We will have met with individual state legislators and our nation's key leaders to advocate for legislation to improve the lives of the millions impacted by autism spectrum disorder across this country every day. The **Day on the Hill** provides a unique opportunity to raise awareness among these leaders and key influencers about the work we do and the issues affecting the communities we serve. I am, as always, honored to represent the ASCV on these visits, and to share information on behalf of individuals and families in Central VA.

Thanks to ALL who traveled with the ASCV, or joined us at the Capitol, and to the many other advocacy organizations involved in the 2016 DD Advocacy Day. Our Advocacy Does Make A Difference!

Becky

Becky Boswell, MBA
Executive Director
director@ascv.org



MARCH 4th SOCIETY MEETING 8th ANNUAL RECREATION RESOURCE FAIR

Summer is just around the corner and you'll find lots of options to fill summer days at our 8th Annual Recreation Resource Fair. The fair is open from 6:30 pm to 8:00 pm on the evening of March 4th, giving you plenty of time to chat with over 25 exhibitors in attendance. Exhibitors providing social and/or recreational opportunities for children, youth, or adults with autism spectrum disorder will be onsite to share information about their programs and answer any questions you may have! This event is free and open to the community.



Exhibitors include:

Camp Easter Seals VA	Martial Arts World
Camp Easter Seals Fairlee	Miracle League of Richmond
Camp Free2BeMe	Miracles in Motion
Camp Lakey Gap	Peak Experiences
Camp Sequoia	RICAspies
Camp VA Jaycee	Jacob's Chance
DeCapo	RVAccess
First Tee	Sailing for All
Friendations	Skills Development Center
Friends for Life	Spectrum Transformation Group
Friendship Circle of VA	Synergy Yoga Studio
Healing Sounds	Swim RVA
Henrico Therapeutic Recreation	United Athletics
JCC Voices Together	

This event will take place at River Road United Methodist Church, 8800 River Road, Richmond 23229. It is free and open to the public but registration is requested at <https://ascvrecreationfair.eventbrite.com>.

ASCV LIBRARY LIQUIDATION FREE MATERIALS AVAILABLE ON MARCH 4th

Due to decreased usage over the last several years, the ASCV has decided to no longer maintain a lending library. All materials currently in the library will be set out on tables in the Activity Room at River Road United Methodist Church, and will be available for pick up from 6:30 pm-8:00 pm on March 4th, during the 2016 Recreation Resource Fair. The materials will be free of charge.

LIQUIDATION

ASCV RECREATIONAL AND SOCIAL SCHOLARSHIP PROGRAM ACCEPTING APPLICATIONS!

The Autism Society Central Virginia's Recreational and Social Scholarship Program was developed to help children, youth, and adults on the autism spectrum participate in recreational and social activities. Awards are based on financial need and funds available.

To be eligible for this scholarship, an individual must:

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

A Committee will review all applications; scholarships will be awarded based upon the amount of funds available and the information provided on the application. The Scholarship Committee will consider financial limitations of the individual and/or family. Although membership in the ASCV is not required to apply for a scholarship, the Committee will give preference to those families and individuals demonstrating financial need who are ASCV members. Awards of up to \$300 annually are available. To learn more or apply, visit: <http://ascv.org/about/recreational-scholarships/>



REGISTRATION OPEN FOR I'M DETERMINED YOUTH SUMMIT!

The Virginia Department of Education's **I'm Determined** project, in conjunction with the Partnership for People with Disabilities, invites applications for sponsorship to the 10th Annual I'm Determined Youth and Parent Summit at James Madison University in Harrisonburg, Virginia.

Youth with disabilities, ages 13 - 21, from across the Commonwealth will meet to identify ways to become better advocates and lead more self-determined lives. The selected individuals and a parent/guardian will receive paid registration, dormitory accommodations, travel expenses and meals for the three-day event. A concurrent Parent Summit for the selected participant's parent/guardian will also be held at the university. Parents do not apply separately. Parent attendance is based on their child's application and acceptance to the Summit. The Youth and Parent Summit will start on Wednesday, June 15, 2016 and will end on Friday, June 17, 2016. Learn more and apply at http://www.imdetermined.org/youth_summit/. Deadline for submission of applications is 5:00 pm on March 15th, 2016



NEWS FROM THE AUTISM SOCIETY CENTRAL VIRGINIA BOARD

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

Education

- Sponsored a workshop on *Extended School Year Services*
- Sponsored a workshop on *Employment Rights & Vocational Rehabilitation*

Services and Supports

- Sponsored a Sensory Friendly Movies in collaboration with the Byrd Theatre
- Sponsored two Inclusive Lego and Game Clubs
- Sponsored Adults with Asperger's Interest Group
- Sponsored the Asperger's/HFA Teen Social Club
- Sponsored a Bowling outing for children, youth and adults with ASD

Awareness

- Presented to staff at SwimRVA
- Exhibited at the Kid's Expo
- Exhibited at the Chesterfield County Public Schools Exceptional Education Resource Fair
- Exhibited at Friendship Circle of VA event

Advocacy

- Attended National Autism Society's *Day on the Hill* in Washington, D.C.
- Sponsored 2 vans to take self-advocates, family members, and friends to the General Assembly for DD Advocacy Day



2016 5K Run/Walk for Autism

<http://ascv.org/ascv-5k/>

**Register!
Volunteer!
Sponsor!**

This March, 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.

03/01	6 pm	Board Meeting , 200 South 3 rd Street, Richmond, 23219
03/04		Asperger's/HFA Teen Social Club free for ASCV members in grades 6-10; members, check your e-mail for Eventbrite invitation
03/04	6:30 pm	Monthly Society Meeting: 8th Annual Recreation Resource Fair ; details and registration: https://ascvrecreationfair.eventbrite.com
03/05	10 am	Inclusive Lego & Game Club – Chester , details and registration: https://legochestermar.eventbrite.com
03/19	10 am	Sibshop learn more and register: http://ascv.org/meetings-/events/sibshops
03/19	2 pm	Sensory Friendly Movie at the Byrd Theatre, Carytown
03/20		ASCV Bowling Leagues – Uptown Alley, members, check your e-mail for Eventbrite invitation
03/22	6 pm	Richmond Premiere of <i>The Family Next Door</i> learn more and register: https://thefamilynextdoorrva.eventbrite.com
03/28	7 pm	Adults with Asperger's/HFA Interest Group (open only to adults with Asperger's/HFA)
03/28	7 pm	Parents of Adults with Asperger's/HFA Interest Group

**AUTISM
SOCIETY
CENTRAL
VIRGINIA**

**MARCH
CALENDAR**

REGISTRATION OPEN FOR MARCH 19th 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/>.



MARCH COMMUNITY OPPORTUNITIES

- 03/06 **Special Night for Special Needs** at Children's Museum Chesterfield; 5:30 pm, for info: <http://www.c-mor.org/events/special-nights>
- 03/06 **Autistic Like Me** part of the Reelabilities Film Festival; learn more and purchase tickets here: <http://richmond.reelabilities.org/films-and-events/>
- 03/07 **Skyzone** special needs night; <http://www.skyzone.com/richmond/Calendar>
- 03/08 **Jumpology** special needs night; <http://www.jumpology.us/Calendar>
- 03/09 **Chesterfield County Special Education Advisory Committee** topic: *Testing/Diploma Options for Students with Disabilities* meets at 5 pm at 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
- 03/12 **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
- 03/15 **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
- 03/22 **Henrico County Special Education Advisory Committee** open to the public; topic: *Maximizing the Parent's Voice in the IEP Process*; Brookland Middle School; 6:30 pm – 8:00 pm
- 03/23 **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
- 03/26 **Game on Aspergers** see 03/12 info above for details

WORKSHOPS AND CONFERENCES

- 03/07 **Tipping the Scales in Their Favor: Your Role in Recognizing and Responding to Abuse and Neglect of Children with Disabilities** contact Nicole Rada at ncrada@vcu.edu or 804-827-0200
- 03/08 **Achieving the Best Quality of Life Possible: Preparing for the Future** This presentation examines the influences of degree of disability, social and communication ability, academic success, employment, and independence and autonomy on quality of life in young adults with autism and what we can do to make a difference in these outcomes; free webcast from VCU ACE; register at <https://vcuautismcenter.org/te/webcasts/details.cfm?webcastID=346>
- 03/09-03/10 **Commonwealth Autism 15th Annual Autism Conference Partnership Power: We're better together**; registration and info <http://www.autismva.org/2016conference>
- 03/15 **Transition: Focus on Independent Living** Matt Bellinger, Esq. of BeneCounsel, Inc. will discuss the relationship between income, social security benefits, and Special Needs Trusts. For information, contact Holly Peele, Career Academy Director, Northstar Academy, at hpeele@northstaracademy.net
- 04/16 **2nd Annual Central Virginia Autism Conference: Autism in the Family: Families & Professionals Caring and Coping Together** sponsored by the Autism Society Central VA; info and registration: <https://ascvannualconference.eventbrite.com>

Thank You To Our Volunteers

*"Alone we can do so little; together we can do so much."
~Helen Keller*

Elle Cornman
Jlynn Holland-Cecil
Steven Craig Terry II
Kiya Hunt
Keaneasha Garcia
Deidre Miller
Joseph Carry
Deja Taylor
Michelle Zirin
Hannah Miller
Kamya Sanjay
Yashnoor Sandhu
Raghda labban
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Noelle Mallory
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Brittany Hood
Taylor Callahan
Narmeen Rashid
Olivia Trompeta
Laura Beaudet
Matthew Beaudet

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.*

Ed & Dawn Fortin
Argent Credit Union
Megan Sullivan Kirby
Evergreen Enterprises, Inc.
John Yasnowsky
Weinstein JCC

*The following donation was made in
memory of Gladys Vernell Burgess:
Judy & Richard Libcomb*

Thank You

YOU ARE CORDIALLY INVITED TO ATTEND
THE RICHMOND PREMIERE OF

the family next door



An inspiring documentary featuring a Pittsburgh family with two children on the autism spectrum. Come see how their love, patience, and courage help them deal with the endless issues that fill their lives.

THIS FILM HAS BEEN FEATURED AT THE NAPA VALLEY FILM FESTIVAL

Tuesday, March 22, 2016 | 6:00 p.m. *(Doors Open)*

Movie Premiere | 6:45 p.m. | The Byrd Theatre

2908 W. Cary St, Richmond, VA 23221

Wine and light hors d'oeuvres will be served. Q&A will follow movie viewing.

Special appearance by Donna Lund of "The Family Next Door"

ADMISSION IS FREE – *The Autism Society Central VA will be accepting donations*

RSVP BY MONDAY, MARCH 14 TO RESERVE YOUR TICKETS

<http://thefamilynextdoorva.eventbrite.com>

HOW TO MAKE A DONATION

- **Evening of the Event**

Cash, check or credit card donations will be accepted the evening of the event.

- **Donations by Mail**

Autism Society Central VA
200 South 3rd Street
Richmond, VA 23219

All donations to Autism Society Central Virginia benefit individuals with autism and their families in our local community.



WATCH THE TRAILER AT: vimeo.com/100226663

ANNUAL CENTRAL VIRGINIA AUTISM CONFERENCE

APRIL 16, 2016

AUTISM IN THE FAMILY: PARENTS & PROFESSIONALS CARING & COPING TOGETHER



Date: April 16, 2016

Time: 8am-4pm

Location: River Road United Methodist Church
8800 River Road, Richmond, VA 23229

Registration: Online Registration (fees apply) and Mail In Registration available here:
<http://ascv.org/meetings-events/annual-central-virginia-autism-conference/>

Cost: Self Advocates (individuals on the autism spectrum)	\$5
ASCV Members (please contact ASCV for member Promo Code)	\$20
General Admission (Non-ASCV Members)	\$55

- Registration includes Continental Breakfast
- Opening Keynote – Dr. Robert Naseef: *Being Present: The Family Journey to Acceptance and Resilience*
- Resource Fair Open All Day
- Morning Session – *Special Children, Challenged Parents, Caring Professionals : Building Partnerships*
- Afternoon Session – *Understanding and Guiding Your Child's Behavior*
- Closing Keynote – *Panel of Fathers and Sons*

Contact: info@ascv.org or 804-257-0192 for questions

 **AUTISM SOCIETY**
Improving the lives of All Affected by Autism
Central Virginia



Autism Awareness Day Sunday, April 10

The fun begins **NOW!**

Online savings available on
single day admission tickets.

Join the Autism Society Central Virginia
for a meet and greet under the Eiffel Tower from 10am-3pm

ONLY \$34.50

Ages 3 and up
Children 2 and under FREE

Purchase Your Tickets Online **TODAY!**

To order your tickets for Kings Dominion, just go to www.kingsdominion.com
and in the top right corner put in the promo code:

KDASCV

Gluten Free Food Options, Quiet Areas, Special Boarding Pass Program (for
individuals with ASD and their families)

For up-to-date Park information including hours, go to: www.kingsdominion.com

Park open March 26 – October 30, 2016. Soak City is open May 28 – September 5, 2016.

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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 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

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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 700+c

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 March 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.