



Into the Light

WAIVER REDESIGN TO BE IMPLEMENTED JULY 1, 2016 WHAT YOU NEED TO KNOW

The Department of Medical Assistance Services (DMAS) and Department of Behavioral Health Developmental Services (DBHDS) have spent the past two years engaging the expertise of consultants, as well as stakeholders across the state, to redesign Virginia's Home and Community Based Services (HCBS) waivers for individuals with intellectual and other developmental disabilities.

Beginning July 1, waiver redesign will offer new waivers with new services. All three amended waivers will serve individuals with a diagnosis of Developmental Disability (which includes Intellectual Disability).

Those currently receiving services through the Day Support Waiver will transition to the **Building Independence Waiver**. This waiver is for adults (18+) who are able to live independently in the community.

Those currently receiving the DD Waiver will transition to the **Family & Individual Supports Waiver**. This waiver is for individuals living with their families, friends, or in their own homes.

Those currently receiving the ID Waiver will transition to the **Community Living Waiver**, which offers 24/7 licensed services and supports for individuals with complex medical and/or behavioral support needs.

The EDCD Waiver will not be impacted by the Waiver Redesign.

The first 200 people on the current chronological DD Waiver waiting list will receive the new Family & Individual Supports Waiver on July 1. Everyone else on the current ID and DD waiver waiting lists will transition to one statewide waiting list and be informed of their priority level by their case managers.

Over the coming months, the ASCV newsletter will contain additional information on waiver changes and reform. We also anticipate offering workshops on the new waivers next fall. In the meantime, additional information may be found at <http://www.dbhds.virginia.gov/individuals-and-families/developmental-disabilities/my-life-my-community>





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 July/August newsletter is June 15th. 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

Thanks for Your Continued Support!

As you read this newsletter, we will have just completed our 14th Annual 5K Run/Walk for Autism. Year after year, this event continues to be an opportunity for families and friends to come together to share awareness about autism and have fun, all the while raising funds for the Autism Society Central Virginia (ASCV). With over 1100 individuals registered, over 90 teams and hundreds of individuals raising money, and 100+ volunteers, the 5K continues to be the largest awareness and fundraising event of the year for the ASCV.

We are blessed to have some very dedicated people working diligently for months behind the scenes to make this event happen. A special thanks to the 5K Race Committee: Donna Sabel (Chair), Erin Jordan, Tammy Burns, and Jessica Corbett (Echelon Events Management); and ALL who participated, raised money, donated, sponsored, and/or supported our 2016 5K event in any way! It's amazing what we can accomplish when we all come together to make a difference in our community. I am so grateful for your continued dedication to the ASCV through this event! I look forward to sharing our team totals and award winners with you in the July/August Newsletter!



We could use your help!

Much of the work we do throughout the year is dependent on the support of volunteers. If you would ever like to volunteer to be on the 5K Race or Outreach Committee, or assist with our outreach, programs, and conferences, please just let us know!

Becky

Becky Boswell, MBA
Executive Director
director@ascv.org

NEWS FROM THE AUTISM SOCIETY CENTRAL VIRGINIA BOARD

In May 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 Waiver Redesign
- Presented a Medicaid Waiver Workshop for the Hanover County SEAC
- Presented Workshops to Wells Fargo Advisors, Innslake location

Services and Supports

- Sponsored a Sensory Friendly Movie in collaboration with the Byrd Theatre
- Sponsored two Inclusive Lego and Game Clubs
- Sponsored Adults with Asperger's Interest Group
- Sponsored Parents of Adults with Asperger's Group
- Sponsored the Asperger's/HFA Teen Social Club
- Sponsored a Bowling outing for children, youth and adults with ASD
- Sponsored Sibshops
- Sponsored the ASCV Annual Member Picnic and Fun Day

Awareness

- Interviewed on WTVR6 Virginia this Morning
- Interviewed on WWBT12 Noon News
- Interviewed on WRIC8 Noon News
- Sponsored the 14th Annual 5K Run/Walk for Autism

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.

Awards of up to \$300 annually are available. To learn more or apply, visit: <http://ascv.org/about/recreational-scholarships/>



This June, 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.

06/04	10 am	Inclusive Lego & Game Club – Chester , details and registration: https://chesterlegojune.eventbrite.com
06/07	5:30 pm	Board Meeting , 200 South 3 rd Street, Richmond, 23219
06/12		ASCV Bowling Leagues – Shrader Lanes, members, check your e-mail for Eventbrite invitation
06/18	2 pm	Sensory Friendly Movie at the Byrd Theatre, Carytown
06/18		ASCV Night at the Richmond Flying Squirrels free for ASCV, check your e-mail for Eventbrite invitation
06/25	10 am	Inclusive Lego & Game Club – Downtown , details and registration: https://downtownlegojune.eventbrite.com
06/27	7 pm	Adults with Asperger's/HFA Interest Group (open only to adults with Asperger's/HFA)
06/27	7 pm	Parents of Adults with Asperger's/HFA Interest Group

**AUTISM
SOCIETY
CENTRAL
VIRGINIA**

**JUNE
CALENDAR**

REGISTRATION OPEN FOR JULY 16th 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. 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). Registration closes on July 11th. Learn more and register here: <http://ascv.org/meetings-events/sibshops/>



JUNE COMMUNITY OPPORTUNITIES

- 06/04 **Camp Warrior Baseball Camp for Children** for kids ages 6 – 18 with autism; \$12; for info: megan.angstadt@squirrelsbaseball.com
- 06/05 **Special Night for Special Needs** at Children's Museum Short Pump; 5:30 pm, for info: <http://www.c-mor.org/events/special-nights>
- 06/06 **Hanover County Special Education Advisory Committee** open to the public; *Adoption of Annual Report to the School Board*; 7:00pm; Hanover County School Board Office, 200 Berkley Street, Ashland
- 06/06 **Skyzone** special needs night; <http://www.skyzone.com/richmond/Calendar>
- 06/07 **Jumpology** special needs night; <http://www.jumpology.us/Calendar>
- 06/08 **Chesterfield County Special Education Advisory Committee** topic: *Summarizing the Year; Planning SEAC Annual Report*; 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
- 06/09 **Asperger's Support Group**, meeting for adults with Asperger's / HFA and parents of children with this diagnosis, 7pm – 9pm at River City Diner, Parham Rd.
- 06/11 **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
- 06/14 **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
- 06/14 **Fiesta Fun and the Facts!** learn the facts about DD Waiver Redesign and meet local service providers; 3 pm – 7 pm; at the Thomas R. Fulghum Conference Center, 13900 Hull Street Rd., Midlothian
- 06/21 **Asperger's Support Group**, meeting for adults with Asperger's / HFA and parents of children with this diagnosis, 7pm – 9pm at Positive Vibe Cafe
- 06/22 **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
- 06/25 **Game on Aspergers** see 06/11 info above for details

WORKSHOPS AND CONFERENCES

- 06/11-12 **Neurodiversity Workshop** hosted by The College of William and Mary's Neurodiversity Group; the course is aimed at a diverse population: educators, parents, businesspeople, college students, etc.; \$300; for info: <https://wm.irisregistration.com/Home/Site?code=NEU>
- 07/30 **Autism Awareness: The Prism of Understanding** featuring Temple Grandin, Ph.D.; Charlottesville; this conference brings together public and private providers, agency administrators, families, and advocates who are eager to enhance their knowledge and skills. You'll leave with new networks, renewed energy, and tools to work in the evolving field of Autism Spectrum Disorders. Sponsored by Region 10 CSB and DBHDS; \$35; info and registration: <http://goo.gl/2hlnGg>

EVERYONE HAD A GREAT TIME AT OUR ANNUAL MEMBERS' PICNIC AND FUN DAY



JOIN US THIS SUMMER FOR SENSORY FRIENDLY MOVIES AT THE BYRD THEATRE!

We are pleased to partner with the Byrd Theatre throughout the year to bring an affordable monthly sensory friendly movie experience in a safe and accepting environment to our community. The lights are turned up and the sound is turned down. Those with special dietary needs are welcome to bring their own refreshments (no ice cream or glass bottles.) Sensory friendly screenings will take place at 2 pm on the following dates this summer: June 18th, July 16th, and August 20th.



Thank You To Our Volunteers

Becky Early
Anisha Doshi
Mr. Kern's Deep Run HS Class
Susee Garcia
Stephanie Park
Jesse Anderson
Madison Nahrup
Brittanie Pendleton
Katie Marschalko
Rachel Thomas
Tanvi Arora
Eriq Taing
Jasmine Johnson
Lexi Copeland
Alex Klahn
Alexia Inge
Keli Keener
Erin Jordan

Avery Tabb
Christina Longmire
Evan Jenkins
Sydney Mehl
Abbi McCormack
Sammy Munir
Clara Conrad
Lauren Clawson
Deja Taylor
Jeremy Watson
Audrey Watson
Nancy Andelin
Staci Carr
Allison Thurman
Lisa deGroot
Peter deGroot
Sandi Wiley
Woody Sikes

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!

Automatic Emotion Training Study FEET: Facial Emotion Expression Training

We are enrolling children with **Autism Spectrum Disorder (ASD)**, 9 to 12 years of age. If eligible, parent and child will complete an assessment in Richmond, VA. Assessment session lasts between 1.5 to 2 hours. You will complete paper and pencil and computerized measures.

Participants will receive \$30.00 (one session)

If you are interested, please call the phone number or use the email address provided below for more information.

Phone Number: 540-231-8276

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SPECIAL THANKS

The Board and Staff of the ASCV would like to recognize and thank these Board Members who are each retiring from the ASCV Board in June 2016 after serving a full 6 year term of service: Bill Thompson, Donna Sabel, and Shawn Kirk. We truly appreciate their dedication to the ASCV over these many years!



Thank You For the Following Donations

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

Barbara Blankenship
Daphne Campbell
Caroline Davis
Ellen Fisher
Kellie Free
Melissa Gayle
Regina Hill
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Heidi Lawyer
Jennifer McCarthy
Frederick Ochsenhirt
Linda Oggel
Matthew Richardson
Allison Sinclair
Mindy Stembridge
Randy Webne
James & Diana Marilla
Eric Schmude
Mamie Robinson
Kings Dominion
Aetna Foundation
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Lisa Keene
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Paul McNamara

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Argent Credit Union
Gregory Workman

The following donations were made in memory of Mary Tompkins:

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Granville & Peyton Valentine
E.C. Moncure Jr.
Mary & Billy Stone
Julia Neal
Charles Miller
Mary Easterly

The following donation was made in honor of Helen Blough:
Phyllis Owens

The following donation was made in memory of Gail E. King:
Chuck & Bradford Hulcher



AQUATICS ARE FOR EVERYONE.

ESPECIALLY CHILDREN WITH AUTISM.

Our specially-designed *Autism Swims* program helps children with ASD feel confident in the water. And just as importantly, outside of it. Visit swimrichmond.org to learn more.

swimRVA
SWIM FOR IT.



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Our Mission:

It is the mission of River City Inclusive Gymnastics to provide a safe and positive environment where children with disabilities and their peers can improve social skills, motor skills, and self-esteem. Through our structured gymnastics class, each child will be challenged physically and mentally as our knowledgeable coaches are by their side to guide, motivate, and inspire.

Details:

Elementary School Children with or without special needs
Classes are one hour and run for 8 weeks
New sessions are forming now

Contact:

Coach Michael McGrath (804) 239-0695
Coach Fletcher Hamblen (River City Youth Fitness, (804) 784-1990)
You can also visit the gym's website at www.rcyf.com

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FAMILY PRIORITY

In-Home Applied Behavior Analysis Services

Family Priority, a leading provider of ABA services in Virginia, has expanded to the Richmond region. Our highly qualified staff consists of BCBAs, BCaBAs, and behavior assistants. We develop evidenced-based interventions that are individualized to meet the unique needs of each child. Services can include Language Acquisition, Behavior Reduction, Essential Life Skills, and Social Skills Training. Family Priority is a Tricare and Medicaid provider and will accept private insurance and self-pay.

Serving Greater Richmond : 9201 Arboretum Pkwy Suite 160 Richmond, VA 23236 (P) 804-912-1338

Serving the Peninsula: 105 Bulifants Blvd. Suite C Williamsburg, VA 23185 (P) 757-645-3860

Serving Northern Virginia: 11350 Random Hills Rd. Suite 240 Fairfax, VA 22030 (P) 703-537-0700

You care. We support. They succeed.

The Autism Society Central VA is important to us and that is where our charitable donation money goes. Call us to buy or sell a property and we will make a generous donation to the Autism Society Central VA for you, your friends or family in their name.

MIKE | LISA
RYAN | SPALDING

If you want to buy or sell a home there are only two names you need to know, Lisa Spalding and Mike Ryan with RE/MAX Commonwealth.

Lisa Spalding 873-6416

Mike Ryan 873-9333



REMAX Commonwealth, 7201 Glen Forest Drive, Suite 104, Richmond 23226, 804 288.5000

Agents are licensed in the Commonwealth of Virginia.



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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+ 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 June 15th.

Ad Rates:

\$50.00 1/4 page (\$45 non profit)

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\$100 full page (\$90 non profit)

Long term ad discounts: 6-11 months 10% discount, 12 months or longer 15% discount

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