



Into the Light

14th ANNUAL 5K RUN/WALK FOR AUTISM WRAP UP

The Annual Autism 5K Run/Walk was once again a huge success!! In all, over 1500 runners/walkers and 93 teams were registered! Teams and individual fundraisers, along with sponsors, raised over \$122,000 and still counting!! Thank you for helping make our largest event of the year so successful! Thank you also to the 120+ volunteers who gave their time to help us make this event great! We would like to congratulate and recognize the following:

Runners:

- * Fastest Overall Female: Ellie Jeffrey
- * Fastest Overall Male: Carter Mann

Team Awards:

- * Don Mayfield Spirit Award: Zoomin' for Zak
- * Largest Team: Jogging for Jared
- * Best T-Shirt: Team bELleve

Highest Fundraising Team: Team bELleve

Highest Fundraising Individual: Jennifer Barnum

Top 5 Individual Fundraisers:

1. Jennifer Barnum
2. Dilshad Ali
3. Ashly Richards-Pallister
4. Carl Tarantino
5. Tammy Burns

Top 5 Teams in Terms of Size:

1. Jogging for Jared - 108
2. Team bELleve - 52
3. Team Elite - 50
4. TCMS NJHS - 41
5. Team ASSET - 33



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Top 5 Fundraising Teams:

1. Team bELleve
2. You, Me and D
3. Walking With Wyatt
4. Matt Adores
5. The Blue Team



Mission

To improve the lives of all affected by autism by maximizing the self-sufficiency, independence, and quality of life for all living with autism.

Vision

We are the local voice and resource of the autism community in education, advocacy, services, and support, committed to meaningful participation and self-determination in all aspects of life for individuals on the autism spectrum and their families.

Any age. Any stage.

Donate

Your gift will help support autism education, awareness, advocacy and most importantly, enable us to assist families and individuals living with autism in our community. You can help by making a donation today!

BOARD OFFICERS

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Recreational Facilitator: Becky Early

Recreational Facilitator: Tarik McAllister

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 September newsletter is August 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

Are you interested in “Getting on Board”?

There are many different ways in which to volunteer for nonprofit organizations. The ASCV uses volunteers for every program, activity, and event that we host or sponsor. We are always looking for volunteers to help with registration at meetings/programs, for childcare, at Lego/Game Club and bowling, for the 5K, on committees, and the list goes on ... Individuals high school age and older interested in volunteering can contact our Outreach Coordinator, Tammy Burns, at outreach@ascv.org and she can provide details on the current opportunities available at any time.

The ASCV, like all non-profits, also could not function without a dedicated volunteer Board of Directors. We are currently seeking new Board Members who share our mission **to improve the lives of ALL affected by autism in our community**. We are specifically looking for individuals who are passionate about and understand the expectations of Board service; have experience in the finance, accounting, marketing, fundraising, or legal fields; and who can contribute to our nonprofit organization in a meaningful way. We are also interested in speaking with self-advocates (individuals with autism) who might be interested in volunteering in this capacity.

ASCV Board Members direct the work and the strategic direction of the organization in alignment with our mission; help identify funding sources and ensure that the ASCV has adequate resources for operations; and lead various committees, including Scholarship, Outreach, Finance, Board Development & Governance, Fundraising, and the 5K Run/Walk. If you or someone you know might be interested in meeting to discuss the opportunity or in getting more information, please contact me by email, director@ascv.org or phone, 804-257-0192.

Thanks as always for the many ways you support our work and for serving as an ambassador for the ASCV in our community.

Becky

Becky Boswell, MBA
Executive Director
director@ascv.org

**GET ON
BOARD**

NEWS FROM THE AUTISM SOCIETY CENTRAL VIRGINIA BOARD

In June 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 at St. Mary's Hospital Family Center
- Presented at "I'm Determined"

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 a Bowling outing for children, youth and adults with ASD
- Sponsored ASCV Member Night at the Flying Squirrels

Awareness

- Exhibited at Chesterfield CSB Waiver Redesign Event
- Exhibited at Suntrust Financial Planning event
- Participated in Keystone Insurers Group event

Advocacy

- Participated on the Department of Justice Settlement Agreement Stakeholders' Group Meeting

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 July and August, 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.

07/09	10 am	Inclusive Lego & Game Club – Chester , details and registration: https://chesterlegojuly.eventbrite.com
07/16	2 pm	Sensory Friendly Movie at the Byrd Theatre, Carytown
07/16	11 am	Sibshop ; register at http://ascv.org/meetings-events/sibshops/
07/18	6 pm	An Evening at the Greater Richmond ARCPark , register at https://arcparkjuly.eventbrite.com
07/25	7 pm	Parents of Adults with Asperger's/HFA Interest Group
07/25	7 pm	Adults with Asperger's/HFA Interest Group (open only to adults with Asperger's/HFA)
07/30	10 am	Inclusive Lego & Game Club – Downtown , details and registration: https://downtownlegojuly.eventbrite.com
08/06	10 am	Inclusive Lego & Game Club – Chester , details and registration: https://chesterlegoaug.eventbrite.com
08/20	5 pm	Harbor Blast to benefit the ASCV; for info http://www.harborblast.com/
08/20	2 pm	Sensory Friendly Movie at the Byrd Theatre, Carytown
08/22	6 pm	An Evening at the Greater Richmond ARCPark , register at https://arcparkjuly.eventbrite.com
08/27	10 am	Inclusive Lego & Game Club – Downtown , details and registration: https://downtownlegoaug.eventbrite.com
08/29	7 pm	Parents of Adults with Asperger's/HFA Interest Group
08/29	7 pm	Adults with Asperger's/HFA Interest Group (open only to adults with Asperger's/HFA)

**AUTISM
SOCIETY
CENTRAL
VIRGINIA**

**JULY &
AUGUST
CALENDAR**

My Life My Community DD Waivers Webpage Updated!

The Department of Behavioral Health and Developmental Services (DBHDS) webpage at <http://www.mylifemycommunityvirginia.org/> has been updated to provide information on the amended DD waivers, including resources, trainings, waiver expert contact information and a toll-free telephone line for waiver-related questions. If you have questions about the Waiver Redesign of the intellectual, developmental or day support waivers, call the toll free Virginia Waiver Line at 1-844-603-9248 for your local contact.

IMPORTANT UPDATE

JULY / AUGUST COMMUNITY OPPORTUNITIES

(Dates provided as published by sponsoring organizations; contact organizations for confirmation)

- 07/03 **Special Night for Special Needs** at Children's Museum Central; 5:30 pm, for info: <http://www.c-mor.org/events/special-nights>
- 07/05 **Jumpology** special needs night; <http://www.jumpology.us/Calendar>
- 07/09 **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
- 07/14 **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.
- 07/19 **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
- 07/19 **Asperger's Support Group**, meeting for adults with Asperger's / HFA and parents of children with this diagnosis, 7pm – 9pm at Positive Vibe Cafe
- 07/23 **Game on Aspergers** see 07/09 info above for details
- 07/27 **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
- 08/02 **Jumpology** special needs night; <http://www.jumpology.us/Calendar>
- 08/06 **Sensory Friendly Family Performance of The Golden Goose** at the Virginia Rep's Children's Theater at Willow Lawn; free; details and tickets: http://va-rep.org/show_golden_goose.html
- 08/07 **Special Night for Special Needs** at Children's Museum Chesterfield; 5:30 pm, for info: <http://www.c-mor.org/events/special-nights>
- 08/11 **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.
- 08/13 **Game on Aspergers** see 07/09 info above for details
- 08/16 **Asperger's Support Group**, meeting for adults with Asperger's / HFA and parents of children with this diagnosis, 7pm – 9pm at Positive Vibe Cafe
- 08/16 **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
- 08/24 **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
- 08/27 **Game on Aspergers** see 07/09 info above for details



WORKSHOPS AND CONFERENCES

- 07/20 **Transition for Youth with ASD: Tips for Educators** free webcast from VCU Center for Transition Innovation surrounding the research and practices at the OCALI Center in Ohio. Drs. Shawn Henry and Chris Filler have developed suggestions for educators regarding best practices for the transition process for youth with ASD. Registration and details: <https://centerontransition.org/training/webcastDetails.cfm/370>
- 07/22-07/23 **Juvenile Justice Symposium** free; for principals, police, parents, pastors, proprietors, partners, and politicians interested in reversing the school to prison pipeline; sponsored by PEATC; registration and details: <https://www.surveymonkey.com/r/2016JuvenileJustice>
- 07/28-07/29 **PEATC Parent Institute** free; designed for parents who are new to the Special Education process; provides an introduction to "Advocacy 101", information about resources and opportunities in their local area, and an opportunity to be 'paired' with a parent mentor in the form of a PEATC PACL graduate in their region for guidance, motivation, support, and advice. Roanoke; details and registration: <https://www.surveymonkey.com/r/2016ParentInstitute>
- 08/03-08/05 **DADs Organized & Engaged** free; designed to weave fathers more tightly into the academic and social fabric of the school community through tactile training, leadership development, peer mentoring, and engagement that promote effective advocacy skills; Chesapeake; details and registration: <https://www.surveymonkey.com/r/2016DADs>
- 08/08-08/10 **Arc of VA State Convention**; all of the "must know" information about the new I/DD Waiver program; new tracks this dedicated to early childhood and inclusive education. Sessions highlight how schools, employers, and communities are enriched when they include all citizens. Williamsburg. Details and registration: <http://www.thearcofva.org/news-events/2016-state-convention/registration/>
- 08/24-08/25 **PEATC Parent Institute** see description for July 28/29 above; Williamsburg; details and registration: <https://www.surveymonkey.com/r/2016ParentInstitute>
- 09/24 **Coming of Age Seminar** for individuals with disabilities turning 18 learn about supported decision making, employment and social security, and much more. Sponsored by the disAbility Law Center of VA; \$10; details and registration: <https://www.eventbrite.com/e/coming-of-age-seminar-tickets-25866418153>

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



SAVE THE DATES! FALL ASCV WORKSHOPS

Friday September 9, 2016

Building Community & Friendships for Children, Youth, and Young Adults with ASD

Presenters: Tammy Burns and Bradford Hulcher

Friday, October 7, 2016

Assistive Technology across the Lifespan for Individuals with ASD

Tony Gentry, Director, Assistive Technology for Cognition Laboratory

Department of Occupational Therapy

Virginia Commonwealth University

Join us for Two Summer Evenings at the Greater Richmond ARCpark

Join us this summer at Richmond's newest accessible playground. ARCpark features include: three playgrounds, a treehouse, a sensory wall, misting stations, a shaded picnic pavilion, fitness equipment, a stage and family restrooms.

Network with other families while watching your children play! (Parents must stay onsite.) Feel free to bring a picnic dinner for your family to enjoy while at the park!

A member of the ASCV staff will be near the park entrance.

We'll meet from 6pm to 7:30pm on two evenings this summer at the ARCpark:

- Monday, July 18: register at <https://arcparkjuly.eventbrite.com>
- Monday, August 22: register at <https://arcparkaug.eventbrite.com>

This event is weather dependent; so stay tuned to the ASCV Facebook page and/or look for email notification for any details about weather cancellation.



Thank You To Our Volunteers

Becky Early
Brittanie Pendleton
Mr. Kern's Deep Run HS Class
Davis Long
Tom Long
Matt Vozar
Hayden Vozar
Theodore Parks
Evan Luck
Kendall Smith

Amber Burks
Kate Lord
Cadie Harris
Dwayne Harris
Evan Summers
Angela Beverly
Christina Longmire
Joy Justice
Andrew Masak
Sydney Mehl



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.

Betrand Francis
Nuckols Farm Elementary
Julia Ann Lawrence
Darla Skinner
Seven Pines Elementary School
Tom Leonard's Farmer's Market
Patricia Hicks
Eric Schmude
Mamie Robinson
Smithfield Foods
Smithfield Farmland
William Janke
Paul Warner
Cheyniqua Holland
Tracey Matthews
Nateishia Barbour
Dikki Coy
Larry Scarborough
Tammy Burns
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Mark Rondina
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William Charlton
Tina Hamlet
Alice Chaplin
Charles Harris
Elizabeth Dompkowski
Angela Bradby
Mary Corqune
Cindy Jones
Martha Berry of Two Rivers Quilting

Dana Welch-Hart
Martial Arts World of Ashland
Daniel Gecker
Nancy Rice
Crystal Franklin
Carole Frey
Charles Harris
Nicole Harris
Samantha Hevener
Nancy Clendenon
Claudia Tokarz
Janet Welch
Scott Welch
Susan Gunder
Martial Arts World of Hanover
First Wok
On the Rox
Moore's Electrical and Mechanical
Union Bank & Trust
Martial Arts World West End
TGI Fridays
Cross Bearers Motorcycle Ministry

The following donations were made in memory of Mary Tompkins:

Janet Dennis Branch
Charles Williamson

The following donations were made in honor of Cole Quinley's 11th birthday:

Kara Brant
Timothy Jones
Sarah Pontynen



Thank You!

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.



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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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

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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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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 August 15th.

Ad Rates:

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

\$75.00 1/2 page (\$68 non profit)

\$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.