



Into the Light

TRANSITION TO ADULTHOOD WITH ASD: WHAT PARENTS AND GUARDIANS NEED TO KNOW

Are you familiar with the options and opportunities for your child with autism as they exit public education? It's never too early to begin learning and planning for life after high school!

Parents spend an enormous amount of time learning how to navigate the special education system so that their children can access the free and appropriate education to which they are entitled. Unfortunately, we find that families often wait until their child exits school to learn about the systems and agencies that may offer support to their child as an adult.

Transition to Adulthood with ASD: What Parents and Guardians Need to Know, developed by the VA Autism Council, is designed to provide an overview of important factors and topics to consider as individuals with ASD enter the adult world. Focus is placed on parents/guardians understanding eligibility vs. entitlement in the adult service system, planning to protect benefits, agencies and organizations that provide supports to adults with ASD, and the variety of options to consider in planning. Topics include:

- age of majority
- disability benefits and planning
- post-secondary readiness, education, and training
- employment
- housing and residential supports
- life in the community

The workshop is appropriate for anyone interested in learning more about the factors to consider as the individual with ASD transitions to adulthood, including:

- Parents/family members of individuals with ASDs
- School administrators
- General and special educators
- Community service providers
- Adult service providers



This FREE six-hour workshop takes place over 3 nights (Nov. 1, 8, 15), 6:30 pm - 8:30 pm each night; **participants must attend all 3 sessions**. Preregistration is required; details and registration may be found here: <https://transition-to-adulthood-asd.eventbrite.com>



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: Mary Bess Bolin

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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 November newsletter is October 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

Welcome to our newest ASCV Board Members!

The ASCV is excited to welcome two new Board Members this fall! Each brings unique experience, passion, and motivation to help us fulfill our mission **to improve the lives of ALL affected by autism in Central VA**. I hope when you have a chance to meet them in person, you will help welcome them to the ASCV Family! Here's a little about them –



Linda Oggel - Originally from Ohio, Linda has worked as a Speech and Language Pathologist or as a Learning Disabilities teacher in schools and universities in Wisconsin, Illinois and Virginia, where she taught children and youth with autism spectrum disorder. Recently retired from the Virginia Department of Education's Training and Technical Assistance Center (T/TAC) at VCU, Linda is eager to continue supporting individuals and their families in a different way as an ASCV board member. Linda received her BS in Speech Pathology and Audiology from Kent State University and her MA at Northwestern University in Language Pathology. She enjoys traveling with her family, baking, and walking.

Michael Saxon – Michael is a consumer products executive with experience managing businesses in the USA, Europe, and Asia. He has a personal connection to autistic causes as one of his sons is diagnosed on the Autism Spectrum. Michael spent many of his formative years here in Central Virginia attending Midlothian Middle and High School. He graduated from the University of Georgia with a Business Degree in Marketing. Michael, along with his wife Judi and twin sons Gabe and Seb, live in Goochland County where his sons attend public school.



We also wish to acknowledge and thank Katherine (Kitty) Gray for her years of service to the ASCV Board and community. Please feel free to contact me if you are ever interested in learning more about the work of the ASCV Board and/or volunteering in this capacity.

All the best,

Becky

Becky Boswell, MBA
Executive Director
director@ascv.org

OCTOBER 7th ASCV MEETING & WORKSHOP

A BRAIN IN YOUR POCKET: MOBILE DEVICES AS AIDS TO INDEPENDENT LIVING

Join us Friday evening, October 7 at 7pm for this free workshop on how assistive technology can address the needs of individuals with ASD across the spectrum and across the lifespan!

Smartphones, personal digital assistants, and tablets can be powerful assistive technologies for people with cognitive-behavioral challenges. Portable, versatile, and easily configured with appropriate apps, these devices can be used to address everyday problems at home, work, school and in the community. Professor Tony Gentry, the director of Virginia Commonwealth University's Assistive Technology for Cognition Laboratory, will discuss strategies for using mobile technologies for time and task management, task-sequencing, way-finding, behavioral adaptation, augmented communication and video modeling, based on the results of a series of community-based trials with populations including students and young adults with autism and brain injury. Case studies will underline successful strategies to solve everyday challenges. Attendees will be provided with a catalog of tried-and-true mobile apps, and links to instructional materials for further learning.



This workshop 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://ascvoct.eventbrite.com>

REGISTRATION OPEN FOR NOVEMBER 12th SIBSHOP

The ASCV hosts bi-monthly Sibshops as an opportunity for brothers and sisters of children with 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). Registration closes on November 7th. Learn more and register here: <http://ascv.org/meetings-events/sibshops/>



WAIVER SYSTEM IMPLEMENTATION

The Virginia Department of Behavioral Health and Developmental Services (DBHDS) is pleased to announce upcoming Waiver Redesign Informational calls. These calls will primarily focus on Waiver Redesign - System Implementation. Individuals, Family Members, Providers, and other Stakeholders are all invited to join these calls. Staff from both DBHDS and the Department of Medical Assistance Services (DMAS) will be available to answer questions.

Wednesday, October 5, 2016

11:00am – 12:00 pm

Dial-in Number: 1-844-253-8003

Conference ID: 73974148

Wednesday, October 19, 2016

11:00am – 12:00 pm

Dial-in Number: 1-844-253-8003

Conference ID: 73974167

Wednesday, October 12, 2016

11:00am – 12:00 pm

Dial-in Number: 1-844-253-8003

Conference ID: 73974166

Wednesday, October 26, 2016

11:00am – 12:00 pm

Dial-in Number: 1-844-253-8003

Conference ID: 73974168

*An operator will be assisting with these calls.

To find out more about the waiver redesign and My Life, My Community, go to:
www.MyLifeMyCommunityVirginia.org



INDIVIDUAL AND FAMILY SUPPORT PROGRAM UPDATE FROM BOB VILLA, INDIVIDUAL & FAMILY SUPPORT PROGRAM MANAGER

There will be an IFSP funding period during this Fiscal Year, FY2017. However, at this time there is no information to send out as to when the funding period will begin or how to apply. When we have information about the program, an announcement will be placed on our website:

<http://www.dbhds.virginia.gov/individuals-and-families/developmental-disabilities/community-support-services>. We encourage all to check it periodically this fall for updates.

Bob Villa's Contact Info:

phone: 804-371-4696

fax: 804-692-0077

email: bob.villa@dbhds.virginia.gov

IMPORTANT UPDATE

NEWS FROM THE AUTISM SOCIETY CENTRAL VIRGINIA BOARD

In September, 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 Autism 101 to Swift Creek YMCA
- Sponsored workshop on Building Friendships and Community for Children, Youth, and Young Adults with ASD

Services and Supports

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

Awareness

- Exhibited at Central VA Exceptional Family Resource Fair
- Shared ASD information with Chesterfield County Public Schools' Security Officers

Advocacy

- Participated on the VCU-ACE Community Partners Committee

THE RICHMOND SYMPHONY'S SENSORY-FRIENDLY FAMILY CONCERTS

The Richmond Symphony's sensory-friendly concerts are designed to create a performance experience where all audiences are welcome, including those with autism or other sensory sensitivities. At these performances, you will notice the following accommodations:

- House lights will remain at a low level during concerts.
- Audience members are welcome to enter and exit the theatre as needed. You can walk around if you need to, particularly upstairs where there is space to move around easily.
- If you need to take a break from the performance, you can move to the lobby or the Quiet Room (located in the donor lounge on the 2nd level). The lobby and Quiet Room have video monitors where you can watch and listen to the performance. The Quiet Room will also have family bathrooms, fidgets, ear-plugs, mats and chairs available for any patrons needing them.



For additional information, visit:

<https://www.richmondsymphony.com/education-engagement/sensory-friendly-concerts>

This October, 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.

10/01	10 am	Inclusive Lego & Game Club – Chester , details and registration: https://octchesterlego.eventbrite.com
10/01	9 am	Sons of Dominion Motorcycle Club 4th Annual Poker Run to Benefit the ASCV Colonial Harley Davidson, Prince George
10/04	6 pm	ASCV Board Meeting , 200 S. 3 rd Street
10/07	7 pm	A Brain in Your Pocket: Mobile Devices as Aids to Independent Living , info and registration: https://ascvoct.eventbrite.com
10/07		Asperger's/HFA Teen Social Club (Grades 6-10) free for ASCV members; check your email for Eventbrite invitation and registration
10/09	11 am	ASCV Chesterfield Berry Farm Pumpkin Patch Visit free for ASCV members; check your email for Eventbrite invitation to register
10/15	2 pm	Sensory Friendly Movie at the Byrd Theatre, Carytown
10/15		Martial Arts Super Show to Benefit the ASCV , Hermitage High School, Henrico
10/16		Bowling Event for children/youth/adults with ASD; free for ASCV members; check your email for Eventbrite invitation and registration
10/24	7 pm	Parents of Adults with Asperger's/HFA Interest Group
10/24	7 pm	Adults with Asperger's/HFA Interest Group (open only to adults with Asperger's/HFA)
10/29	10 am	Inclusive Lego & Game Club – Downtown , details and registration: https://octdowntownlego.eventbrite.com

**AUTISM
SOCIETY
CENTRAL
VIRGINIA**

**OCTOBER
CALENDAR**



LIVE UNITED

It's that time of year! The ASCV participates in the following Campaigns:

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

OCTOBER COMMUNITY OPPORTUNITIES

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

- 10/02 **Special Night for Special Needs** at Children's Museum Central; 5:30 pm, for info: <http://www.c-mor.org/events/special-nights>
- 10/03 **Hanover County Special Education Advisory Committee** meets at 7 pm; topic: *Inclusive Education and the Benefits of Inclusion for Students with and without Disabilities*; Hanover County School Board Office, 200 Berkley Street, Ashland; open to the public
- 10/04 **Jumpology** special needs night; <http://www.jumpology.us/Calendar>
- 10/05 **Chesterfield County Special Education Advisory Committee** meets at 5 pm at the Career and Technical Center, 13900 Hull Street Road, room 256; open to the public; topic: *Transition Services, Opportunities & Outcomes* contact 804-639-8918 for more info and info on making public comment
- 10/08 **Creative Movement for Children with Special Needs** FREE for children ages 3 – 10 at Joy's School of Dance, Inc., Amelia; taught by SLP & Early Childhood SPED Teacher; for info: 804-561-3311
- 10/08 **ACE-It in College Open House** learn about VCU, tour campus, speak with representatives from various campus offices, and learn all about VCU ACE-IT in College. 8am – 2pm.; ACE-IT specific breakout session will be from 10am -12pm. Details & registration: <http://www.aceitincollege.org/>
- 10/10 **Sky Zone Special Needs Sensory Friendly Night** <http://www.skyzone.com/richmond>
- 10/13 **Asperger's Support Group - Northside**, meeting for adults with Asperger's / HFA and parents of children with this diagnosis, 7pm – 9pm at River City Diner, Parham Rd.
- 10/18 **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
- 10/13 **Asperger's Support Group – West End / Northern Chesterfield**, meeting for adults with Asperger's / HFA and parents of children with this diagnosis, 7pm – 9pm at Positive Vibe Café, 2825 Hathaway Road, Richmond
- 10/21 **Dominion ABA Services Trick or Treat Party** FREE on 3 separate dates (10/21, 10/28, 10/29) at 3 locations; learn more at <http://dominionwaiver.com/category/eventblog/>
- 10/22 **Sensory Friendly Family Performance: Junie B. Jones** FREE sensory friendly performance from the VA Repertory Theater for children with autism and other sensory, social, or learning disabilities; details and registration here: http://va-rep.org/sensory_friendly_form2.html; repeats on Nov. 5
- 10/25 **Henrico County Special Education Advisory Committee** meets at 6:30 pm at Brookland Middle School; topics: 1)Maximizing the Parent's Voice in the IEP process 2)Difference Between 504 and IEP; open to the public
- 10/26 **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



WORKSHOPS AND CONFERENCES

- 10/05 **Self-Regulation in Children: Keeping the Body, Mind and Emotions on Task in Children with Autism, ADHD or Sensory Disorders Seminar** presenter Robbie Levy, MA, OTR/L, will teach you practical interventions and how to create simple, but effective programs in clinical, school and home settings; \$199; Sandston; details & registration: <http://www.pesi.com/search/detail/index.aspx?eventid=47769>
- 10/06 **Supporting People with I/DD to Identify Appropriate Housing** free webinar from the Arc of the US. Learn how to explore housing options with an adult with I/DD; tips on important questions to ask the person with I/DD about where he or she wants to live when determining housing options; guidance on how the family can work with the person with I/DD to determine supports needed to and housing preferences. Registration: <https://futureplanning.thearc.org/pages/learn/where-to-start/webinars/upcoming-webinars>
- 10/07 **Building Bridges Institute 2016: A Diversity Unconference on Intellectual and Developmental Disabilities in Racially, Ethnically, and Linguistically Diverse Communities** \$20; registration and info at <http://www.cvent.com/d/7vqksp> or contact Dana Yarbrough dvyarbrough@vcu.edu
- 10/11 **Augmentative and Alternative Communication: Assessing Needs and Aligning Supports for Students** free webcast from VCU ACE; an overview of Augmentative and Alternative Communication (AAC) for parents and educators who support students with complex communication needs. An overview of AAC data, tools and supports for educators and families will be provided. Details & registration: <https://vcuautismcenter.org/te/webcasts/upcoming.cfm>
- 10/15 **Lighting the Way to Financial Well-Being Workshop** a Resource Fair; an introduction to special needs financial planning; and concurrent workshop sessions on Special Needs Trusts, Accessing Funding, ABLE Accounts, & Guardianship & Conservatorship. Free. Details & registration: Events.AutismSpeaks.org/FinancialPlanningRVA
- 11/05 **Circle of Support: A Conference for Families of Children with Special Needs and the Professionals Who Work with Them** sample of breakouts: DD and Sexuality, the Gut Brain Connection, ABLE Accounts (how to save for the future). Negotiating the special education maze, Neurofeedback, Essential Oils, Challenging behaviors (aggression) and staying safe. Woodbridge, VA. Early bird registration (\$40) ends 10/3; for details & registration: <http://arcgpnw.org/circle-of-support-conference/>
- 11/09 **Transition Youth with ASD: Tips for Parents** free webcast from VCU Center for Transition Innovation; tips from experts in Ohio, Drs. Shawn Henry and Chris Filler, regarding the secondary transition process, focusing on youth with ASD. Details & registration: <https://centerontransition.org/training/upcoming.cfm>
- 11/16 **A Journey through Accessing Accommodations in a Community College Setting** free webcast from VCU Center for Transition Innovation; insights from a young adult who lives with autism spectrum disorders. Details & registration: <https://centerontransition.org/training/upcoming.cfm>



Thank You To Our Volunteers

Diana Simion
Stephen West
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Sarah Rudden
William Abbott
Courtney Latourrette
Emely Lopez
Pam Parker
Deja Taylor

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!

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.



Thank You For the Following Donations

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

William Janke
Paul Warner
Cheyniqua Holland
Larry Scarborough
Erin Tignor
Stephanie Buckingham
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Molly Roth
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*The following donation was made
in memory of Annie Hollins:
Shirley Crutchfield*

*The following donations were made
in memory of Sandra L. Smith:
Kenneth & Joyce Sullivan
Barbara Muchowski*



SATURDAY, OCTOBER 1ST

♣ Registration begins at 9am Ride begins at 10am

♦ Starts and ends at
Colonial Harley Davidson
1701 Temple Pkwy
Prince George VA 23875

♠ \$20 per rider / \$5 per passenger
proceeds support the ASCV
Non-Riders welcome!



**4TH ANNUAL
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Hopewell
804-452-6676

Midlothian
804-763-4184

Powhatan
804-598-2575

West End
804-673-5200



When: 6:00 PM Saturday - October 15, 2016

Where: Hermitage High School - Gymnasium
8301 Hungary Spring Road - Henrico, VA 23228

Masters of Ceremonies:



Rob Cardwell
WTVR 6 Anchor



Inst Gretchen Reeson
Co-MC

Special Judges:



Senior Master Keith Winkle
Senior Vice Chairman of
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Instructor Mike Thomas
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SAVE THE DATE

ASCV Members' Annual Holiday Party

Sunday, December 4th

2:00pm-5:00pm

Science Museum of Virginia

Members will be able to enjoy the Science Museum,
light refreshments, holiday music, and Santa will even pay us a visit!



AQUATICS ARE FOR EVERYONE.

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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.

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RYAN | SPALDING

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Lisa Spalding 873-6416

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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

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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 and payment is Oct. 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.