



Into the Light

NEW DEVELOPMENTAL DISABILITIES WAIVER WAITING LIST INFO DO YOU KNOW YOUR PRIORITY LEVEL??

Under Waiver Redesign, waiting list criteria has changed. Everyone who is waiting for a Developmental Disabilities Waiver is now prioritized on the waiting list as a Priority 1, 2, or 3. Only those individuals assigned Priority 1 will have the opportunity to be considered for available waiver slots by the local Waiver Slot Assignment Committee. You can find the Priority Criteria Checklist here: <http://www.thearcofva.org/wp-content/uploads/2016/09/DD-Waivers-Priority-Level-Determination-9.20.16.pdf>

Several families have recently contacted the ASCV with concerns about their assigned Priority Level. We have shared several important messages with those families that we hope will be helpful for all families with a loved one on the DD Waiver Waiting List. To insure that a loved one is placed in the correct Priority Level, it is critical to:



- be frank and forthcoming with the case manager about your ability to care for your loved one without waiver supports,
- provide a detailed description of issues affecting your ability to care for your family member with autism,
- share information regarding any physical or mental health issues that may significantly impact your ability to care for your loved one,
- share information regarding risks to your loved one, yourself, or other family members because of your loved one's behavior OR physical care needs such as bathing or toileting, or medical needs that you cannot manage on your own, and
- share if your son or daughter is no longer receiving services through IDEA, is under 27, and is transitioning to independent living.

Do you have documentation of your Priority Level yet? If not, your case manager can provide it. If you do not agree with the assigned level, you might need to provide additional information to your case manager to justify a higher Priority Level. If your Priority Level is not changed after informal conversations with your case manager, you have the right to a formal appeal.

To learn more about Home and Community Based Waivers, contact the ASCV Program Director and Medicaid Waiver Mentor, Bradford Hulcher, at info@ascv.org.



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 December / January newsletter is November 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

November Brings a Cornucopia of Opportunities!

Whew! What a busy fall season already for the Autism Society Central Virginia! We have been all over our region sharing information and resources with individuals, students, organizations, and businesses! Please read through this Newsletter and our weekly EBlasts carefully to stay informed about all of the exciting events planned for November and the months ahead!

The ASCV Finance Committee and Board are busy preparing our budget for 2017 and we are excited about bringing new programs and events to our community next year! We are so thankful for the generous financial and in kind support we receive on an ongoing basis. As we continue to grow our services and staff, community support will be even more important. Please explore below all the many ways to give to the ASCV and feel free to share the opportunities with your families and friends!

- **Unrestricted Giving** - Give a cash donation that allows us to fund ongoing and new programs.
- **Employee/Matching Gift** - 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 other 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.
- **United Way Giving** - Consider designating the Autism Society Central VA in your United Way Giving. (Central VA Area Combined Federal Campaign #64417, Local Government and Schools – no number; simply designate "Autism Society Central Virginia")
- **Support the ASCV through Amazon Smile**
Support the ASCV through Goodshop

Again, thank you for the many ways you help us to achieve our mission, *to improve the lives of all affected by autism in our community.*

Wishing you All a Wonderful Thanksgiving Season!

Becky

Becky Boswell, MBA
Executive Director
director@ascv.org



HELPFUL TIPS FOR HAPPIER HOLIDAYS WITH ASD

The holidays can be especially stressful for individuals with ASD and their families. Being aware of and planning for changes in routine, special diets, sensory issues, and the many challenges that our loved ones experience can take time but may make all the difference in the quality of your holiday experience! We've identified some great online resources with helpful hints for Thanksgiving, Christmas, Hanukah, and the approaching holiday season!

8 Tips for Managing Thanksgiving with Children with Autism

<http://www.healthcentral.com/autism/c/1443/157222/thanksgiving-autism/>

Making the Most of the Holidays for Your Family and Your Son/Daughter on the Autism Spectrum

<https://www.iidc.indiana.edu/pages/making-the-most-of-the-holidays-for-your-family-and-your-son-daughter>

Tips for Reducing Holiday Stress for Families of Children with Autism

<https://www.autismspeaks.org/docs/holidaytips.pdf>

How to Prepare your Child with Special Needs for Chanukah

<http://www.friendshipcircle.org/blog/2011/12/20/how-to-prepare-your-child-with-special-needs-for-chanukah/>

Celebrating Christmas with Your Child with ASD

<http://www.carautismroadmap.org/celebrating-christmas-with-your-child-with-asd/>

Christmas Social Stories – Visiting Family, Visiting Santa, Getting Presents

<http://positivelyautism.weebly.com/freebies-community---christmas.html>



WE'LL BE "ALL FIRED UP" AT THE NOV. 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. In November, All Fired Up will join us; participants will build and paint a wet clay piece and also paint a 4" tile!

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/>



NEWS FROM THE AUTISM SOCIETY CENTRAL VIRGINIA BOARD

In October, 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 webinar at Capital One on *Piloting a Successful School Year*
- Sponsored workshop on *A Brain in Your Pocket: Mobile Devices as Aids to Independent Living*
- Shared *What is Autism* presentation with all 7th grade students at Short Pump Middle School
- Collaborated with the Arc of Hanover to provide sensitivity training to TSA, Delta, and other airport staff

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 Pumpkin Patch visit
- Sponsored a bowling outing for children, youth, and adults with ASD

Awareness

- Presented at 2016 Diversity Day
- Exhibited at Resource Fair for *Leading the Way to Financial Well-Being* event
- Exhibited at Capitol One Resource Fair
- Exhibited at Martial Arts World Super Show
- Exhibited at the Richmond Symphony
- Exhibited at Richmond Public Schools Resource Fair
- Shared information at Sons of Dominion Poker Run for Autism

Advocacy

- Participated on Waiver Redesign Panel at Annual VACSB Public Policy Conference
- Participated on the Region IV Advisory Council
- Participated on VA Housing Advisory Council

SUPPORT THE ASCV THROUGH GOODSHOP

Consider shopping through Goodshop for all your online shopping! Goodshop will donate up to 20% of your purchase when you shop at thousands of stores like Target, Macy's, and more. Just use the link - <https://www.goodsearch.com/goodshop?charityid=804672> - when you shop! Goodshop also offers tons of deals and coupons, so you can save money while you support the ASCV!



This November, 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.

11/01	5:30 pm	ASCV Board Meeting , 200 S. 3 rd Street
11/02		Transition to Adulthood with ASD: What Parents & Guardians Need to Know no onsite registration; must attend 11/2, 11/9, 11/16; details & registration: https://transitionwithasd.eventbrite.com ** PLEASE NOTE THIS IS A CHANGE IN DATES**
11/04	6-8pm	Kendra Scott Event to benefit the ASCV; see flyer insert for details
11/05		Wings for All; free for ASCV members; check your email for invitation and registration
11/05	10 am	Inclusive Lego & Game Club – Chester , details and registration: https://novchesterlego.eventbrite.com
11/07		Sedona Taphouse \$6 Steak Out to benefit the ASCV; see flyer insert for details
11/08		Asperger's/HFA Teen Social Club (Grades 6-10) free for ASCV members; check your email for Eventbrite invitation and registration
11/12	10 am	Sibshop details & registration: http://ascv.org/meetings-events/sibshops/ ; registration closes 11/7 at noon
11/13		Bowling Event for children/youth/adults with ASD; free for ASCV members; check your email for Eventbrite invitation and registration
11/14		Sedona Taphouse \$6 Steak Out to benefit the ASCV; see flyer insert for details
11/19	2 pm	Sensory Friendly Movie at the Byrd Theatre, Carytown
11/19	10 am	Inclusive Lego & Game Club – Downtown , details and registration: https://novdowntownlego.eventbrite.com
11/21		Sedona Taphouse \$6 Steak Out to benefit the ASCV; see flyer insert for details
11/28	7 pm	Parents of Adults with Asperger's/HFA Interest Group
11/28	7 pm	Adults with Asperger's/HFA Interest Group (open only to adults with Asperger's/HFA)
11/28		Sedona Taphouse \$6 Steak Out to benefit the ASCV; see flyer insert for details

**AUTISM
SOCIETY
CENTRAL
VIRGINIA**

**NOVEMBER
CALENDAR**

NOVEMBER COMMUNITY OPPORTUNITIES

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

- 11/01 **Jumpology** special needs night; <http://www.jumpology.us/Calendar>
- 11/05 **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 & registration here: http://va-rep.org/sensory_friendly.html
- 11/06 **Special Night for Special Needs** at Children's Museum Chesterfield; 5:30 pm, for info: <http://www.c-mor.org/events/special-nights>
- 11/10 **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.
- 11/14 **Hanover County Special Education Advisory Committee** meets at 7 pm; Work Session; Hanover County School Board Office, 200 Berkley Street, Ashland; open to the public
- 11/14 **Sky Zone Special Needs Sensory Friendly Night** <http://www.skyzone.com/richmond>
- 11/15 **Henrico County Special Education Advisory Committee** meets at 6:30 pm at Brookland Middle School; topic: *Vision for Exceptional Education, HCPS Superintendent Kinlaw*; open to the public
- 11/15 **Richmond Special Education Advisory Committee** 6 pm-7:30 pm; open to the public; call 780-7710 for the location of the meeting
- 11/15 **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
- 11/15 **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
- 11/16 **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; Work Session; open to the public; contact 804-639-8918 for more info and info on making public comment
- 11/18-11/20 **Grace Swim Lessons** free; focuses on helping children with ASD feel safe and comfortable around water while teaching proper stroke mechanics; sponsored by Swift Creek YMCA; for info: brittr@ymcarichmond.org
- 11/23 **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



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"

WORKSHOPS AND CONFERENCES

- 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/>
- 11/08 **7 Questions** free webcast from VCU ACE; David Pitonyak discusses the 7 questions to ask to develop a support plan that reflects a real and authentic life for individuals experiencing challenging behavior. Learn more and register here: <https://vcuautismcenter.org/te/webcasts/upcoming.cfm>
- 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>
- 11/29 **Life Planning Tools** free webinar on Special Needs Trust from the Arc of Northern VA; learn more and register here: <https://thearcfnova.org/programs/workshops-conferences/>



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SAVE THE DATE

The 15th Annual 5K Run/Walk for Autism
will occur on
Saturday, May 27, 2017!!



Run/Walk
May 27, 2017

Contact director@ascv.org for Sponsor info now!

Thank You To Our Volunteers

Becky Cope
Kyle Cope
Staci Carr
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Charlie Sanchez
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Mitchell Hecht

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.

Dawn Fortin
Eric Schmude
Mamie Robinson
Tracey Matthews
Nateishia Barbour
William Janke
Paul Warner
Cheyniqua Holland
Paulette Edmonds
Besty Katko
Jerry & Cindy Morris
Barry Arthur
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Commonwealth Endontics
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Abhishek Bansal
Debra George
Elizabeth Dompkowski
HGJ Inc.
Mary Ellen Cone
Hillphonenix

The following donation was made in memory of Michael Morlino:
The Fellowes Family

The following donation was made in memory of James Miller:
William Thompson, III

The following donations were made in honor of Pauline Cassavant:
Cheryl Hogan
Susan Elam

many thanks

ASCV Members' Annual Holiday Party

Sunday, December 4th

2:00pm-5:00pm

Science Museum of Virginia

ASCV Members check your email for the evite to register.

Registration deadline and cancellation deadline is 11/23/16 at noon.

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.

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.



please join us for an official

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enjoy sips, sweets and jewels

FRIDAY, NOVEMBER 4TH | 6PM-8PM

KENDRA SCOTT AT SHORT PUMP TOWN CENTER
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(including pre-orders or call in requests with charges made during this time)

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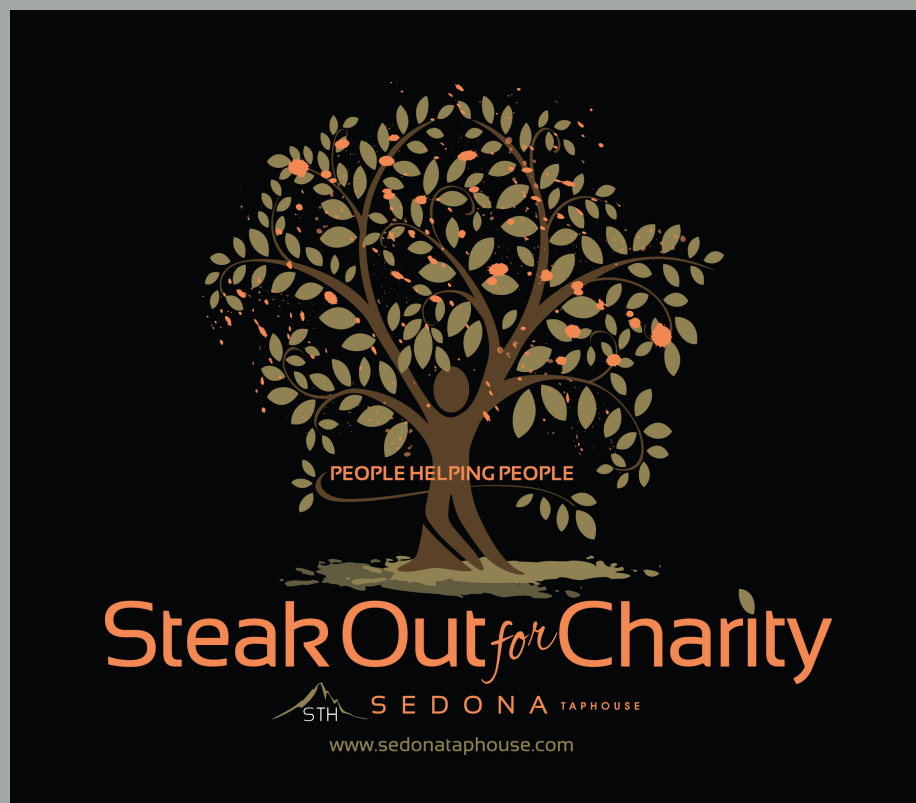
AUTISM SOCIETY

Improving the Lives of All Affected by Autism

Central Virginia

November is **Autism Society Central VA** Steak-Out Monday Month at Sedona Taphouse!

Support the ASCV and enjoy a great meal every Monday in November by visiting Sedona Taphouse for lunch or dinner and ordering their delicious 8 oz Angus Steak for \$6, and a beverage of your choice. \$1 of every \$6 steak lunch/dinner sold will be donated to the ASCV! This offer is good for dine in customers only.



Sedona Taphouse, Westchester Commons (Rt. 288 and Midlothian Turnpike), Midlothian

www.ascv.org

804.257.0192

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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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 Nov.15th.

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