

April 2017 Volume 25, Issue 3



Into the Light

REGISTER TODAY FOR THE 15th ANNUAL RUN/WALK FOR AUTISM! EARLY BIRD PRICING ENDS APRIL 15th

Come join us Saturday, May 27th at Innsbrook Pavilion for the 15th Annual 5K Run/Walk! This is an exciting morning full of family-friendly fun, entertainment, food, exhibitors, and a fantastic Kid's Fun Zone! Now is a great time to register, as the last day for early bird pricing is April 15th.

Remember, ALL THE MONEY RAISED HERE, STAYS HERE to support local individuals and families affected by autism. To fulfill our 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, the Autism Society Central Virginia established a 5K walk/run in 2002. The 5K Run/Walk is one of the Autism Society Central Virginia's primary sources of income, raising over \$100,000 in 2016.

This fun-filled event begins at 8am! The Kid's Dash starts at 8:30am and the 5K Run/Walk starts at 9am sharp! We kindly ask that runners line up at the front, followed by those who prefer to walk the course. Please remember that for liability purposes, everyone on the course during the 5K Run/Walk must have pre-registered, including those in strollers and wagons.

In addition to our fantastic Kid's Fun Zone, some special guests, including the Chick-fil-A Cow and several Disney Princesses will also be in attendance! After crossing the finish line, participants can enjoy delicious and cooling refreshments, fun music, and our many exhibitors.

At the completion of the 5K, several awards will be presented! These include:

- Largest Team
- Highest Fundraising by a Team
- Highest Individual Fundraiser
- Don Mayfield Team Spirit Award
- Best Team T-Shirt
- Fastest Overall Female
- Fastest Overall Male

Don't miss this awesome opportunity to support THE local resource for individuals with autism and their families! Get involved in helping us "improve the lives of all affected by autism."



Register today at http://ascv.org/ascv-5k/register/

Into the Light



Mission

To improve the lives of all affected by autism by maximizing the selfsufficiency, 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, and are 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! **EXAUTISM SOCIETY** Improving the lives of All Affected by Autism Central Virginia

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Recreational Facilitator: Becky Early

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 May newsletter is April 15th. You may send your contributions to the above address or email contributions to <u>info@ascv.org</u>.

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

ASCV NAAM News

The ASCV is excited to have been invited to participate in many awareness events in April in support of National Autism Awareness Month. I want to thank the members and others who have approached us with these ideas and other ways to promote autism awareness and acceptance and raise funds for the ASCV this April. We are excited to be sharing information at Baker's Crust Richmond locations, Henrico County Public Schools Community Night Out, Vineyard Vines, a Motorcycle Ministry Ride in Dinwiddie, an Autism Carnival at Cosby High School, Kings Dominion, TGI Friday's Hull Street, a Car Show in Lower Amelia, and at the Cuddle Up for a Cause "Until the Pieces Fit" vendor fair in Colonial Heights, among other places! Please take a close look at the newsletter for details on when and where we will be all month and plan to join us at these and other events!! You can also check out the full listing of our programs and events on our website at <u>http://ascv.org/meetings-events/</u>

For great ideas on how to celebrate NAAM, check out the special NAAM page on our website -- <u>http://ascv.org/resources/national-autism-awareness-month/</u>. Also don't miss the information in this newsletter about the AuSome Facebook posts we are planning for the month and plan to participate!

We hope you will help us share information about the resources and social and educational opportunities the ASCV provides for individuals with autism and families, not just in April but year-round!! Here are just a few ways you can help --

- Wear or display the puzzle piece ribbon.
- Share our newsletter with others.
- Forward our weekly E-Blasts to anyone you think might be interested in the activities we offer, and encourage them to get involved with the ASCV!
- Ask your employer if they match contributions and designate the ASCV as the recipient of your donations.

Contact me if you hear of organizations or companies that are looking for community partners! I am always happy to share about the many opportunities we have for volunteers and the numerous ways the ASCV can put donations to great use for individuals with autism and families in Central VA. And make sure to share with all that you contact, "the funds raised here, stay here!"

I am looking forward to seeing you out in the community in April, at our Annual Picnic on May 6th, and at the ASCV 5K Run/Walk on May 27th!! I hope you are gearing up for this year's 15th Anniversary 5K Celebration -- It looks to be our biggest 5K yet!! Please let me know how you plan to spread awareness this April – I'd love to hear from you!

All the best,

Becky

Becky Boswell, MBA Executive Director



Make Your Voices Heard!

Congress is on a fast track to repeal major portions of the Affordable Care Act (ACA) which could negatively impact people with disabilities and make drastic cuts to the Medicaid program. The level of cuts over time would decimate the Medicaid program. People's health, services and lives are at stake!

When will this happen? IT IS HAPPENING NOW. The House of Representatives is moving quickly to push the bill through Committee and vote by the end of March. The Senate is planning to vote on the House bill before the mid-April recess. We urgently need advocates to reach out to their Senators and Representatives and tell them to stop the repeal of the ACA and the cuts to Medicaid. Advocates need to explain why the ACA and Medicaid are essential to people with disabilities and their families.

Take Action:

Call your Senators and Representatives today at 202-224-3121.

You can also call the Senators directly: Mark Warner at 202-224-2023 and Tim Kaine at 202-224-4024. Now is the time for ACTION, remember every call matters! Don't let Congress take away health care and services for millions of people and replace it with a plan that CUTS Medicaid.

What to Say:

- I am your constituent.

- I am a person with a disability or I am a family member of someone with a disability or I am a professional in the disability field.

- I care deeply about this issue.

- Do NOT repeal the ACA without a replacement that maintains or improves coverage and protections.

- Do NOT allow restructuring and cuts to Medicaid to be part of an ACA replacement.

- The ACA and Medicaid helps me/my family member to have health care and community based services.

Keep an eye on the ASCV's Facebook page for continued information on this important advocacy effort.

- Consortium for Citizen's with Disabilities (CCD)



AuSome Autism Awareness We Need Your Help

April is National Autism Awareness Month (NAAM). As one way of celebrating autism awareness, acceptance, appreciation, and community belonging, we will be featuring individuals on the autism spectrum on our Facebook page during the month of April.

We need your help to make this happen!

If you would like an individual (or yourself if you are a self-advocate) featured, please email a picture and 1-3 sentences about the individual to <u>info@ascv.org</u>. Include the individual's first name and tell us what he/she likes to do, is good at, why they make you smile, etc.

Thank you for helping us share some of the Au-some individuals that live right here in Central VA as we raise autism awareness, acceptance, appreciation, and community belonging!



11th ANNUAL ASCV MEMBER PICNIC AND FUN DAY

Autism Society members are invited to join us for our 11th Annual Spring Member Picnic, Saturday, May 6th from 12:00pm-3:00pm. As an Autism Society Central Virginia member, you and your IMMEDIATE household can enjoy:

- Free lunch for those registered
- Inflatables for the kids
- Games and activities volleyball, soccer, bubbles, etc.
- A petting zoo with a variety of animals
- And much more

ASCV members check your e-mail for the Eventbrite registration. Registration closes April 29th!

If you are not an ASCV member yet, it's easy to join. Find out more about ASCV membership here -- <u>http://ascv.org/membership/membership/</u>



NEWS FROM THE AUTISM SOCIETY CENTRAL VIRGINIA BOARD

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

Education

- Hosted a Recreational Resource Fair
- Hosted I.E.P. Boot Camp

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 Sibshops
- Sponsored bowling for children, youth, and adults with ASD
- Partnered with The First Tee of Greater Richmond for the Annual Golf Clinic for individuals
 with ASD

Advocacy

- Attended TACIDD meeting
- Attended DOJ Stakeholder's Group
- Attended VA Autism Council meeting
- Attended Central VA Coalition meeting

Awareness

- Exhibited at CollaborATe conference
- Exhibited at Travinia Italian Kitchen & Wine Bar
- Exhibited at ReelAbilities Film Festival
- Exhibited at the ARC South of the James 2017 Disability Resource Fair
- Presented A Parent's Perspective of Autism to Evergreen Elementary Special Education staff

MARK YOUR CALENDAR

Mark your calendars now for these great upcoming learning opportunities that the ASCV is hosting:

- April 24 SSI for Those Age 18 and Older, Elizabeth Horn, Disability Rights Advocate at the disAbility Law Center of Virginia
 May 5 *Friendship Building Skills*, Amanda Randall, M.Ed, BCBA, LBA, Self Determination State Coordinator at James Madison University
 May 22 *Housing Resources for Individuals with Disabilities* Workshop, Sheree Hilliard,
- Nay 22 Housing Resources for Individuals with Disabilities Workshop, Sheree Hilliard, Regional Housing Specialist – Richmond Region 4 at the Virginia Department of Behavioral Health and Developmental Services

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This April, 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.

04/01	9am	ASCV I.E.P. Boot Camp, session 2; must have pre- registered and attended session 1	
04/01	10am-3pm	Autism Awareness Carnival, Cosby High School Stadium, Midlothian	
04/03, 4/10		Baker's Crust Fundraiser benefiting the ASCV each Monday night in April; see flyer on page 13 of this newsletter	
04/06	11am-2pm	Vineyard Vines Fundraiser benefiting the ASCV, see flyer on page 13 of this newsletter	AUTI
04/08	9am	Ride for Autism 2017 benefiting the ASCV, see flyer on page 14 of this newsletter	SOCIE CENT
04/08	10am	Inclusive Lego & Game Club – Chester, details and registration: https://aprillegochester.eventbrite.com	VIRGI
04/09	all day	Autism Awareness Day at Kings Dominion, see flyer on page 12 of this newsletter	APR
04/15	2pm	Sensory Friendly Movie at the Byrd Theatre, Carytown	CALEN
04/17, 4/24		Baker's Crust Fundraiser benefiting the ASCV each Monday night in April; see flyer on page 13 of this newsletter	
04/20	6pm-9pm	TGI Fridays Bartender Flair Show benefiting the ASCV, see flyer on page 14 of this newsletter	
04/22	11am-3pm	Lower Amelia Car and Truck Show benefiting the ASCV, see flyer on page 15 of this newsletter	
04/23		Bowling Event for children/youth/adults with ASD; free for ASCV members; check your email for Eventbite invitation and registration	
04/24	7pm	Social Security Determination in the Adult World free workshop; more info and registration https://ssidetermination.eventbrite.com	
04/24	7pm	Adults with Asperger's/HFA Interest Group (open only to adults with Asperger's/HFA)	
04/29	9am-3pm	Until the Pieces Fit Autism Fundraiser benefiting the ASCV, see flyer on page 12 of this newsletter	
04/29	10 am	Inclusive Lego & Game Club – Downtown, details and registration: <u>https://aprillegodowntown.eventbrite.com</u>	



The ASCV Needs Your Help!

Do you know of or work for an employer who hires and supports equal employment opportunities for individuals with autism? If so, the Autism Society Central VA is interested in hearing from you!! We know great things are happening in workplaces in our community but would like to hear first-hand through stories and information from the employees themselves or family members! If you are interested in sharing about any successful employment situations that individuals with autism in our community have experienced, please email Becky at <u>director@ascv.org</u>.



Welcome to the ASCV Team!

The Board and Staff of the ASCV are excited to welcome Alison Owens as our new Development & Marketing Coordinator! We hope that you will have the opportunity to meet her at one of our upcoming events!

Alison Owens joined the ASCV as the Development and Marketing Coordinator in March 2017. She holds an MBA with a focus on Health Care Administration from the University of Maryland and



earned her Bachelor's degree from James Madison University. Most of her career has been spent working in the nonprofit arena. Early in her career she was the Executive Director of a nonprofit, which provided day programs to adults with medical and cognitive challenges. With a passion and concern for children, families, and individuals with disabilities, she recently served on the volunteer Board of Directors for Jacob's Chance, a nonprofit providing social and athletic programs to individuals with disabilities. Alison has been involved in business development for both for-profit and non-profit entities for most of her career. In addition, she has worked in the school systems for both Henrico and Richmond City Schools. An advocate for children, she and her husband have served as foster parents to children with special needs. She has four children, the youngest, who has developmental disabilities, was adopted through the Foster-Adopt program.

APRIL COMMUNITY OPPORTUNITIES

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

- 04/02 Chuck E. Cheese's Sensory Sensitive Sunday 9am-11am, 10430 Midlothian Turnpike, 23235; for more info contact 804-33-9865
- 04/03 Sky Zone Special Needs Sensory Friendly Night <u>http://www.skyzone.com/richmond;</u> for more info 804-379-2500
- 04/03 **Hanover County Special Education Advisory Committee** meets at 7pm at Hanover County School Board Office, 200 Berkley Street, Ashland; topic: *Positive Behavioral Intervention* & *Supports (PBIS)* & *Virginia Tiered Systems of Supports*; open to the public
- 04/03 **Henrico Community Night Out** 6pm-8pm; Hermitage High School, 8301 Hungary Spring Road, Henrico; for info contact 804-291-6700
- 04/04 **Jumpology** special needs night; see calendar at <u>http://www.jumpology.us/Pricing-Hours</u>
- 04/05 **Chesterfield County Special Education Advisory Committee** meets at 5pm at the Career and Technical Center, 13900 Hull Street Road, room 256; open to the public; topic: *Autism*; contact 804-639-8918 for more info and info on making public comment
- 04/07 **Special Night for Special Needs** at Children's Museum Short Pump 5:30pm; <u>http://www.c-mor.org/events/special-nights</u> for more info
- 04/08 **Regal My Way Matinee** sensory friendly movie, *Boss Baby*, 10:30am; Regal Short Pump Stadium 14, tickets \$6.50 each
- 04/11 **Richmond Special Education Advisory Committee** 12pm-1:30pm; open to the public; call 780-7710 for the location of the meeting
- 04/13 **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.
- 04/13 **Science Museum of Virginia: Minds of All Kinds** free sensory friendly evening 5:30pm-8pm; for more info and to register <u>http://www.smv.org/upcoming-events/minds-of-all-kinds</u>
- 04/18 **Monkey Joe's Special Needs Night** from 5pm-7pm; kids ages 2-12 with special needs free; closed to public; siblings welcome \$5; info 897-5867
- 04/18 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
- 04/25 Henrico County Special Education Advisory Committee meets at 6:30 pm at Brookland Middle School, 9200 Lydell Drive, Richmond; topic: *Planning Session*; open to the public
- 04/26 **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

- 04/11 Sensory Processing: An Integral Part of the Classroom Planning and Activities, free webcast from VCU ACE; learn more and register https://vcuautismcenter.org/te/webcasts/details.cfm?webcastID=387
- 04/13 Understanding Social Security Benefits: A Guide to Beneficiaries Who Want to Work; free webscast by VCU –RRTC; learn more and register http://vcurrtc.org/registration/webcast/index.cfm?webcastID=389
- 04/19 **Finding Employment that Works for Individuals with Asperger's Syndrome**; registration fee; learn more at http://www.forwardmotion.info/wp/finding-employment-that-works-arlington-va/
- 04/24 Housing Resources for Individuals with Developmental Disabilities free workshop; held at the Resources for Independent Living, Richmond, learn more and register <u>https://goo.gl/PQd4tp</u>
- 05/09 **Inclusion: How Do We Make it Meaningful** free webcast from VCU ACE; learn more and register <u>https://vcuautismcenter.org/te/webcasts/details.cfm?webcastID=397</u>
- 06/22-23 **PEATC 2017 Parent Institute** for parents who are new to the Special Education Process; free but need to register in April; learn more and register <u>https://www.eventbrite.com/e/peatcs-2017-parent-institute-tickets-31602963314</u>

ASCV Scholarship Programs Apply Today!

The Autism Society Central Virginia (ASCV) is pleased to offer three types of scholarships for 2017. Qualifying households and/or individuals may apply for any or all of the following scholarships:

- **Recreational and Social Scholarship** award of up to \$300 annually per individual on the autism spectrum
- Education Enrichment Scholarship award of up to \$300 annually per household holding current ASCV membership
- Membership Scholarship award of up to \$25 annually per household

More information on these scholarship opportunities can be found on our website at http://ascv.org/about/recreational-scholarships/recreational-and-social-scholarship/



Thank You To Our Volunteers

Jesse Anderson Octavia Bunton Ryan DeRossett Kristin Davidson Crystal Duong Jill Nowadly Irina Pepper Ali Ebadi Mathew Alexander Nhien Ho Julia Hara Mrs. White's Cosby High School Class Elizabeth Kazarian Andres Somoza Sahib Sonal Stephanie Vu Imaan Zaidi Elizabeth Kazarian Phong Truong Sam Dulin Kevin Dong Eric Olson Maya Srour

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 <u>outreach@ascv.org</u> to find out how you can volunteer for the ASCV too!

Thank You For the Following Donations

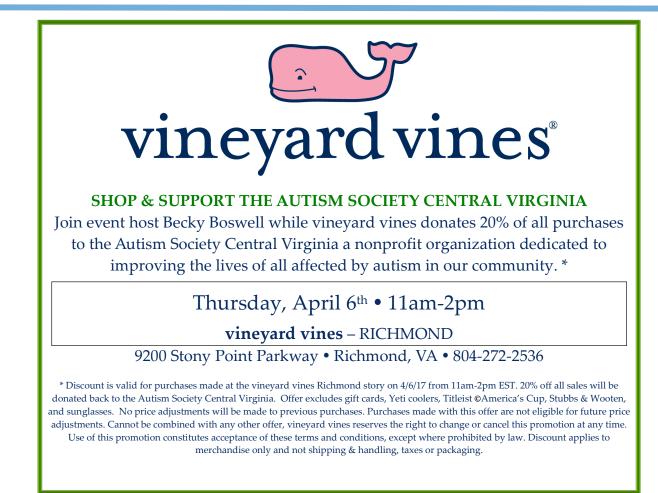
All donations stay in the Central Virginia area to support individuals and families affected by autism.

Larry Scarborough Eric Schmude Mamie Mavo Mr. & Mrs. Bernard Pair Cuddle Up for a Cause Elaine Scrobe Edward Sanders Sheila Roberts Harold McManus Barry Krieg Michael Curl Montero Hardy Brennan Huff Lisa Keene Joseph Kendricken Robert King Donna Lancaster Crystal Ragsdale

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To register, pay for meals or make monetary donations to this fund raiser visit us at <u>www.crossbearersmm.org</u> (Ride 4 Autism Info. Page) ***All proceeds will be donated to Autism Society Central VA***



Lower Amelia Car & Truck Show

Benefiting the Autism Society Central Virginia Presented by the Royal and Williams families of Amelia

> Səturdəy, April 22nd 10511 Jennings Ləne, Amelia 11 AM – 3 PM

We hope you will join us for a day of cool cars and trucks, music, food, and FUN!





For more information, contact LACarShowFun@gmail.com





There's No Mystery to the Puzzle



Did you know ... The puzzle piece ribbon is the symbol of the Autism Society? The puzzle pattern reflects the mystery and complexity of the autism spectrum. The different colors and shapes represent the diversity of the people and families living with autism. The brightness of the ribbon signals hope – hope that through increased awareness, and through early intervention and appropriate treatments, people with autism will lead full, independent, and self-sustaining lives. April is a great month to share your love for individuals with autism and to start a conversation with others by wearing or displaying the puzzle piece ribbon!

SHOP SMILE.AMAZON.COM TO SUPPORT ASCV!

Amazon has a simple and automatic way for you to donate to the Autism Society Central Virginia every time you shop, and at no cost to you! If you have an existing Amazon account, all of your account settings are the same, you just shop through <u>smile.amazon.com</u> 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.





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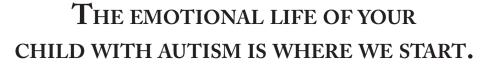
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We work closely with you using a sensory-, relationship-, and evidence-based intervention" called The P.L.A.Y. Project. Check out www.playproject.org for more information.

Gleason Developmental Services has been in the business of supporting children with autism and their parents here and abroad for 25 years.

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https://deepforestsoul.org/gleason-developmental-services/

EXAUTISM SOCIETY Improving the lives of All Affected by Autism Central Virginia

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:			
Additional Donation:			
\$25\$50\$100please 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:			
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Which free gift may we send you: \Box car magnet \Box refrigerator magnet \Box no gift needed			
New Members, how did you hear about the ASCV? \Box family \Box friend \Box internet \Box other			
Please mail, email, or fax with payment to: Autism Society Central Virginia 200 South 3 rd Street			

Richmond, VA 23219 outreach@ascv.org (email) (804) 655-0484 (fax)

Autism Society Central Virginia

200 South 3rd Street Richmond, VA 23219 Non-Profit Organization U.S. Postage PAID Midlothian, VA Permit No. 132

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 and payment is April 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.