

May 2017 Volume 25, Issue 4



TEACHING INDIVIDUALS WITH ASD SKILLS FOR BUILDING RELATIONSHIPS AND FRIENDSHIPS

Join us on Friday, May 5, 2017 at 7pm for our free workshop on Teaching Individuals with ASD Skills for Building Relationships and Friendships.

A Dr. Seuss quote says, "Why fit in when you were born to stand out?" This quote is often used for children with autism to reinforce acceptance of their differences. Research shows us that some of these differences are identified as social skills deficits and may change the trajectory of their life when left unaddressed. During adolescence, social competence has been correlated to positive outcomes such as educational attainment, employment status, and lower levels of depression, aggression and conduct problems (Stepp, Pardini, Loeber, & Morris, 2011; Zins, Weissberg, Wang, & Walberg, 2004). This presentation will review some current trends and provide teaching strategies for building relationships and friendships for individuals with autism.

The ASCV is thrilled to welcome Amanda Randall, M.Ed., BCBA to present this workshop. Amanda began her teaching at a private residential school for children with autism and behavior disorders. There she carried out IEP goals and implemented behavior support plans to effectively decrease behaviors and increase independence. Amanda immediately became intrigued by the relationship between motivation and behavior. Prior to moving to Virginia, Amanda spent time as an Assistant Clinical Director for adult services and with public schools as an independent consultant to classroom teachers and families. Amanda has worked with interdisciplinary teams of service providers, psychiatrists, and other clinicians to structure comprehensive behavior and medical plans for adults and children with various disabilities.

Details and registration can be found here: https://buildingfriendshipsasd.eventbrite.com

Don't miss this opportunity to hear this valuable information on addressing social skills deficits!



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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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 June newsletter is May 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

Moving into a Marvelous May!

What an exciting April the Autism Society Central Virginia had! We shared information about autism and the resources of the ASCV all over Central VA during National Autism Awareness Month this year. I want to take this opportunity to thank everyone who hosted and/or coordinated an event in April, made a connection for us, attended one of the many awareness programs, or volunteered in any way. We could not hope to continue to make a positive difference for individuals with autism and families in our community without you.

The ASCV works to promote Autism Awareness 365 days a year, and we are diligently working to move beyond Awareness to share the importance of Understanding, Acceptance, and Appreciation for all individuals with autism and those who support them. You will find information and details below and in this newsletter about numerous upcoming events where you can participate and help the ASCV share information in our community. I hope to see you out there!

Upcoming Events with the ASCV:

Workshop on Building Relationships & Friendships – Friday, May 5th

Annual Member Picnic – Saturday, May 6th

Workshop on Housing Resources for people with Developmental Disabilities – Monday, May 22nd

13th Annual 5K Run/Walk for Autism – Saturday, May 27th at Innsbrook Pavilion, More information and to register - http://ascv.org/ascv-5k/

Greek Festival – Thursday, June 1st at Saints Constantine and Helen Greek Orthodox Cathedral, More information - <u>http://www.greekfestival.com/festival.html</u>

Autism and First Responder Community Fair, Chesterfield – Saturday, June 10th – Sycamore Square Parking Lot, Midlothian

ASCV Night with the Richmond Flying Squirrels - Saturday, June 24th

All the best,

Becky

Becky Boswell, MBA Executive Director director@ascv.org



Autism and Chesterfield First Responders Community Connection Fair

Keeping a loved one with autism safe is one of the most important challenges many families face today. Two of the characteristics of this developmental disability include a lack of safety awareness and a tendency for elopement or wandering, putting individuals with autism at a greater risk of dangerous situations. According to the Joint Legislative Audit and Review Commission autism study (published June 2009, pg. 161-173), individuals with autism are seven times more likely to have a police encounter than their typical peers.

At the Autism Society Central Virginia (ASCV), we applaud, encourage, and share information at training efforts for first responders. However, we believe that establishing and building relationships between families and those who might respond in emergencies is of great importance too. From the news media and first hand accounts, we have seen how some of the behaviors individuals with autism display can be misunderstood or misinterpreted by the police and the public, leading to altercations, arrests, incarceration, and even tragedy in some cases. At the ASCV, we also hear from many families who are afraid to call the police for help, for fear that their loved one might be hurt or that they themselves might be judged or labeled as bad parents.

In the event of an emergency, it is also important that all members of the family be familiar with what types of rescue personnel might appear on scene to help. For example, firefighters in uniform might appear scary to someone who has never encountered them before, making some individuals inclined to hide or run from safety. The lights and sirens on some emergency vehicles may also trigger fear and/or sensory reactive behaviors for some individuals on the autism spectrum.

Therefore, on the morning of June 10th, the ASCV is excited to be hosting our first **Autism and First Responders Community Connection Fair** in Chesterfield County. This free event will be held from 9am to noon at the Sycamore Square Shopping Center parking lot (1220 Sycamore Square Drive, Midlothian, 23113). For more information, please see the flyer for this event on page 13 of this newsletter.

You can expect this event will be both fun – face painting, games, bounce house, etc., AND valuable – Project Lifesaver, Fire & Life Safety House, First Responder Vehicles, Chesterfield Database Address Flagging Forms, and much more!

We hope to continue to host these types of events in our local communities, where first responders from Police, Fire, and Rescue departments can interact with individuals with autism and their families to **bridge gaps**, **gain understanding**, and **create stronger relationships**.







ASCV 15th Annual 5K for Autism!

We are excited to be celebrating a milestone anniversary this year – the 15th Annual ASCV 5K Run/Walk for Autism will take place on **Saturday**, **May 27**, **2017**! Plans are underway to make this our biggest and best 5K yet, including a 15th Anniversary 5K Run/Walk for Autism full color t-shirt for all registrants in 2017 and the availability of personal Celebration Signs to be placed on the course!!

Although May 27th is fast approaching, it's not too late to still get involved! We are thrilled that Sponsors are continuing to contact us - Check out our **Sponsor list** and help us thank them for their support! If you know anyone who would like to support the event in this way, please ask them to contact us soon! <u>http://ascv.org/ascv-5k/sponsor/</u>

Currently, 60+ teams have registered to participate and that number is growing daily! Be sure to look for the Team and Individual Donation leaderboards on our weekly 5K EBlasts! We love to hear about the friendly competition happening among our 5K teams, so be sure to let us know how you are raising friends and funds for the ASCV!

We look forward to seeing you at the Innsbrook Pavilion on the morning of May 27th!!



MARK YOUR CALENDAR

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

- May 5 Friendship Building Skills Amanda Randall, M.Ed., BCBA
- May 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

June 9 DD Waiver Redesign Workshop - Bradford Hulcher, Medicaid Waiver Mentor

June 26 CCC Plus Waiver Workshop (which is the new combined EDCD and Tech Waiver) – Bradford Hulcher, Medicaid Waiver Mentor

5K Run/Walk for Autism Celebration Signs

Help us celebrate our 15th year of the 5K Run/Walk for Autism by celebrating your friend or family member with ASD! Show your support on the course by purchasing an Autism 5K Celebration Sign today. These 24x18 personalized signs will be displayed along the 5K course the day of the event. Signs may be purchased by parents, family members, friends, or anyone who wants to celebrate a specific individual or group. The sign is yours to keep after the event.

Signs are available to purchase through May 10, 2017 at noon. You can find out more information and purchase signs here: <u>https://autism_5k_celebration_signs.eventbrite.com</u>



Registration Open for May 13th Sibshops

The ASCV hosts bi-monthly Sibshops as an opportunity for brothers and sisters of children with any developmental disabilities to obtain peer support and education in a fun recreational environment. Our Sibshops are open to any sibling, ages 7-12, of a child with a special need. We meet every other month 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 May 8th. Learn more and register here: <u>http://ascv.org/meetings-events/sibshops/</u>



NEWS FROM THE AUTISM SOCIETY CENTRAL VIRGINIA BOARD

In April, 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 IEP Boot Camp
- Presented The ABC's of IEPs workshop at Capital One's Chester location
- Hosted Social Security Determination in the Adult World workshop

Services and Supports

- · Sponsored a Sensory Friendly Movie in collaboration with the Byrd Theatre
- Sponsored an Inclusive Lego and Game Club
- Sponsored Adults with Asperger's Interest Group
- Sponsored bowling for children, youth, and adults with ASD

Advocacy

- Participated on VCU ACE Advisory Council
- Participated on Region IV REACH Advisory Council

Awareness

- Exhibited at Cosby High School's Autism Awareness Carnival
- Exhibited at Henrico County Public School's Parents' Night Out
- Interviewed on VA This Morning news segment on WTVR6
- Exhibited at Vineyard Vines
- Exhibited at Cross Bearers Motorcycle Ministry Ride 4 Autism event
- Exhibited at Kings Dominion's Autism Awareness Day
- Interviewed on WWBT12 Noon News
- Exhibited at The Science Museum of Virginia's Minds of All Kinds night
- Featured on WWBT12's evening news and Call 12 segment
- Exhibited at Lower Amelia Car and Truck Show
- Exhibited at Until the Pieces Fit event in Colonial Heights
- Interviewed on WRIC8 Noon News
- Interviewed for Alpha Media Radio Broadcast
- Exhibited at TGI Friday's Bartender Flair Show

Thank you to All who helped us celebrate Autism Awareness and Acceptance Month in April!



This May, 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.

05/02		ASCV Board Meeting	
05/05	7pm	Monthly Society Meeting: Teaching Individuals with ASD Skills for Building Relationships and Friendships, learn more and register at <u>https://buildingfriendshipsasd.eventbrite.com</u>	
05/05		Asperger's/HFA Teen Social Club (Grades 6-10) free for ASCV members; check your email for Eventbrite invitation and registration	AUTISM
05/06		Annual ASCV Member Picnic and Fun Day must be pre-registered to attend	SOCIETY
05/13	10am	Inclusive Lego & Game Club – Chester, details and registration: https://maylegochester.eventbrite.com	CENTRAL VIRGINIA
05/13	9:30am	Sibshops , details and registration http://ascv.org/event/sibshop/	
05/20	2pm	Sensory Friendly Movie at the Byrd Theatre, Carytown	MAY
05/21		Bowling Event for children/youth/adults with ASD; free for ASCV members; check your email for Eventbite invitation and registration	CALENDAR
05/22	7pm	A Home of Your Own: Housing Resources for People with Developmental Disabilities free workshop; more info and registration: https://housingworkshopmay22.eventbrite.com	
05/22	7pm	Adults with Asperger's/HFA Interest Group (open only to adults with Asperger's/HFA)	
05/24		Last day to register ONLINE for 15 th Annual 5K Run/Walk for Autism	
05/26	10am-7pm	5K Packet Pick Up, Markel 4600 Building at 4600 Cox Road, Glen Allen (no packet pick up the day of the 5K); individuals may also register for the 15 th Annual 5K Run/Walk for Autism at Packet Pick Up	
05/27	8am	15th Annual 5K Run/Walk for Autism , Innsbrook Pavilion	

SAVE THE DATE JUNE 24th – ASCV MEMBER NIGHT AT THE FLYING SQUIRRELS

ASCV members, watch your e-mail this month for an Eventbrite invitation for free tickets to the June 18th Flying Squirrels baseball game! The game starts at 6:05 pm, and is followed by fireworks for those who wish to stay. Registration for free tickets ends June 18th.

MAY COMMUNITY OPPORTUNITIES

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

- 05/01 Sky Zone Special Needs Sensory Friendly Night <u>http://www.skyzone.com/richmond;</u> for more info 804-379-2500
- 05/01 Hanover County Special Education Advisory Committee meets at 7pm at Hanover County School Board Office, 200 Berkley Street, Ashland; topic: *Drafting the SEAC Annual Report to the School Board*; open to the public
- 05/02 **Jumpology** special needs night; see calendar at <u>http://www.jumpology.us/Pricing-Hours</u>
- 05/05 **Special Night for Special Needs** at Children's Museum Central; 5:30pm; <u>http://www.c-mor.org/events/special-nights</u> for more info
- 05/06 **Virginia Repertory Theatre sensory friendly performance**, *Disney's Beauty and the Beast*, 10:30am; for info and to register <u>http://va-rep.org/sensory_friendly.html</u>
- 05/07 **Chuck E. Cheese's Sensory Sensitive Sunday** 9am-11am, 10430 Midlothian Turnpike, 23235; for more info contact 804-330-9865
- 05/09 **Richmond Special Education Advisory Committee** 6pm-7:30pm; open to the public; call 780-7710 for the location of the meeting
- 05/10 **Chesterfield County Special Education Advisory Committee** meets at 5pm at the Career and Technical Center, 13900 Hull Street Road, room A256; open to the public; topic: *Early Childhood Special Education*; contact 804-639-8918 for more info and info on making public comment
- 05/11 **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.
- 05/16 **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
- 05/16 **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
- 05/16 Henrico County Special Education Advisory Committee meets at 6:30 pm at Brookland Middle School, 9200 Lydell Drive, Richmond; topic: *Parent/Teacher Engagement*; open to the public
- 05/24 **Caminos Group** support group for Latino families with autism; meets at the Sacred Heart Center, 1400 Perry Street, Richmond, 23224 from 10am-12pm; RSVP at 804-646-0145

SHOP <u>SMILE.AMAZON.COM</u> TO SUPPORT ASCV!

Mother's Day is just around the corner, and is a great time to shop on Amazon Smile! 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



WORKSHOPS AND CONFERENCES

- 05/02 **Homeschooling Children with Special Needs** free webinar from PEATC; 11am-12pm; learn more and register https://zoom.us/webinar/register/b95b152a231e20fa4ac87b605f06faf5
- 05/02 **Technology Use in Early Childhood Special Education: Teaching the Swipe Generation** free webinar; learn more and register http://vconf.gmu.edu/Conference/TechKnowledgy2016/Schedule/61
- 05/07 **Job Site Accommodations** free webcast from VCU-RRTC; 2pm-2:45pm; register at <u>http://vcurrtc.org/training/webcastDetails.cfm/390</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>
- 05/09 **Post-Secondary Transition For Students with Social, Communication and Learning Challenges**; free webinar from PEATC;11am-12pm; learn more and register https://zoom.us/webinar/register/25b4f0fe2f2a100434538d7d4481ef37
- 05/16 **Planning for your Child's Future-Coffee & Conversation;** presented by Hanover County Public Schools & Foresters Financial Services; 9am-10am; learn more and RSVP at 804-365-4596 or HanoverPRC@hcps.us
- 05/18 **Pathways to Employment for Transition Aged Youth and Young Adults with Autism Spectrum Disorders** free webinar; more info and register here: <u>http://www.aucd.org/template/event.cfm?event_id=7955&id=379&parent=379</u>
- 06/08 **Disclosing Disability in the Workplace** free webcast from VCU-RRTC; 2pm-2:45pm; register at <u>http://vcurrtc.org/training/webcastDetails.cfm/392</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

GREAT OPPORTUNITY AHEAD

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

Thank You To Our Volunteers

Mrs. White's Cosby High School Class Courtney Harrison Megan Lewis Katie Topham Amber Burns Dennis Swan Olivia Jamieson Amber Burks Regine Henderson Nile Richardson Jlynn Holland-Cecil Stephanie Vu Nidhi Patel Francine Singson Niloufar Baghedeh Chai Jung Lu Octavia Bunton Andrea Teter Madison Nahrup Kelsey Mallory Troy Burns

Bradford Hulcher Nga Dao Phong Truong Ali-Linh Nguyen Charlie Sanchez Joe Emory Blake McLean Blake Johansen Joe Halligan Kristina Brandveen Seth Woodies Stephen West Megan Smith Hai Duong Tran Aliyah Decker **Kyle McKenna** Sam Hulcher Jesse Anderson **Diana Simion** Gordon Burt Jared Burns Graham Baxter

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.

James & Diana Marilla Tracev Matthews Sherita Johnson Paul Warner William Janke Donna Devier Cheyniqua Holland Tri Club Women's Club Karl Koenig Larry Scarborough Reid Colson Wayne Tillinghast Jr. FerrellGas Ray Olson, LLC Lisa Keene Joseph Andrews Montero Hardy Todd Coolbaugh Mark Rondina PEATC Travinia Italian Kitchen

William Charlton Joseph Kendricken Jon Reed Michael Curl Eric Schmude Mamie Mayo Evans Kelly Dowdy Cecil Comer Robert King

The following donation was made in memory of Marianne Carlucci: Edith White

The following donations were made in memory of Kim Tuyen Le: ShihFen Li In-jen Chang

The following donation was made in memory of Myrta Hafner Berger: Bill & Betty Thompson

Thank You

Connect with the ASCV Through Social Media











AUTISM SOCIETY Improving the Lives of All Affected by Autism

www.ascv.org

Autism and Chesterfield First Responders Community Connection Fair

Individuals with autism and their families/caregivers are invited to this FREE event. Come out and meet and build relationships with Chesterfield County's Fire, Police, Sheriff and Rescue first responders!

Don't miss this fun and valuable event!

Date: Saturday, June 10, 2017 Time: 9am – noon Location: Sycamore Square Shopping Center 1220 Sycamore Square Drive Midlothian, VA 23113 (in the parking lot near the old Martin's store)

> For More Information: outreach@ascv.org 804-257-0192

Chesterfield Fire & Life Safety House

Central Virginia

First Responder Vehicles

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Fire Cow from Chick-fil-A Chester

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Autism Fact:

ASD is the fastest growing developmental disability with an average 17% growth rate per year. One person is diagnosed with ASD every 20 minutes.

AQUATICS AREFOR 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 <u>swimrichmond.org</u> to learn more.



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			
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Please mail, email, or fax with payment to: Autism Society Central Virginia 200 South 3 rd Street			

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Autism Society Central Virginia

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Address Service Requested



Would you like to place an Ad in "Into The Light"?

Our newsletter reaches over 700+ families, professionals and educators on a monthly basis and is archived on our website. If you would like to place an advertisement, please email it to info@ascv.org or mail it to us at 200 South 3rd Street, Richmond, VA 23219. Deadline for entry and payment is May 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.