



Into the Light

IT'S A WRAP!

THE RESULTS OF THE 15TH ANNUAL 5K RUN/WALK FOR AUTISM

The Annual ASCV 5K Run/Walk for Autism was once again a huge success!! In all, over 1500 runners/walkers and 77 teams were registered! Teams and individual fundraisers, along with sponsors, raised over \$135,000 and still counting!! Thank you for helping make our largest awareness and fundraising event of the year so successful! Thank you also to the 120+ volunteers who gave their time to help us make this event great!

Runners:

- * Fastest Overall Female: Bethany Patterson
- * Fastest Overall Male: Nick Davis

Team Awards:

- * Don Mayfield Spirit Award: Jogging for Jared
- * Largest Team: Jogging for Jared
- * Best T-Shirt: Action for Jaxson

Highest Fundraising Team: Team bELleve

Highest Fundraising Individual: Jennifer Barnum

Top 5 Individual Fundraisers:

1. Jennifer Barnum
2. Dilshad Ali
3. Wendy Swan
4. Judi Saxon
5. Erin Jordan

Top 5 Teams in Terms of Size:

1. Jogging for Jared - 108
2. TCMS NJHS - 76
3. Team bELleve - 57
4. Team Elite - 35
5. Matt-Adores - 33



Top 5 Fundraising Teams:

1. Team bELleve
2. For Seb's Sake
3. You, Me, and D
4. Matt Adores
5. Action for Jaxson



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, 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!



BOARD OFFICERS

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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 September newsletter is August 14th. 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

SUMMERTIME, AND THE LIVING IS EASY?? MAYBE THESE TIPS WILL HELP

Along with the hot weather and bugs, summertime often brings a sense of the unknown to individuals with autism and families. If you have a son or daughter who struggles with the summer months, misses the routine that school provides, or just prefers to know what is coming next, here are some ideas to hopefully make the summer months easier. If you have additional ideas to share, please email them to info@ascv.org and we will do our best to pass them on as well!

Tips for the summer:

1. Create a schedule for each day similar to the one your son or daughter has during the school year, to help them know what to expect. For pre-readers, pictures are often best. There are a variety of schedule apps available for the iPad, Kindle Fire, and phones. You can also go "old school" and use a plain paper schedule or calendar.
2. Have a backpack with you always that has favored food, a change of clothes, and comfort objects. Don't forget a spare cable/cord to recharge electronics, ear protection, bug spray, and sunscreen.
3. Even fun things like a trip to the zoo can be stressful. Use photos and Social Stories to help prepare for outings and vacations. If you want to learn more about how to use Social Stories, check out this website -- www.carolgraysocialstories.com.
4. Remember to take things slow and follow your child's lead. Have a plan "B" and try not to be upset if you have to leave activities and events quickly.
5. Many individuals are drawn to water. Summer is a good time to teach swimming and water safety. If your child is not experiencing success in a regular swim class, talk to the instructor about options. Some clubs and YMCAs in our area also offer individual swim lessons.
6. Doing things for the first time can provoke fear and anxiety in everyone. Plan for some new things, but also have familiar favorite activities sprinkled through the schedule.
7. Nurture and encourage areas of interest and your child's strengths. Research and build excitement for vacations by including everyone in the plans.
8. Check for what is offered at your local public library and school or county recreation program. Offer to attend with your child or send a caregiver or attendant along if they will need a higher level of support than the program provides.

Additional tips for the summer may be found here: <http://www.autism-society.org/keeping-summer-safe-enjoyable-children-autism/>

Wishing You All the Best for a Fun and Relaxing Summer!

Becky

Becky Boswell, MBA
Executive Director
Director@ascv.org





THANK YOU FIRST RESPONDERS



On Saturday June 10th, the ASCV hosted the first Autism and First Responders Community Fair in Chesterfield. Participants enjoyed meeting and speaking with first responders, practicing fire safety in the “fire house”, exploring the First Responders’ vehicles, and meeting the search and rescue dogs. Other activities included: face painting, music, balloon creations, and a chance to make sailboats and fire trucks courtesy of Home Depot Chesterfield.



**Stay tuned for more information on
first responder and safety events coming to your area.**

ASCV SCHOLARSHIPS AVAILABLE NOW APPLY TODAY!



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

- **Recreational and Social Scholarships** – 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/>

HOW TO VIDEO SERIES FOR PARENTS AND PROFESSIONALS



Looking for ideas and strategies?

Check out the VCU Autism Center For Excellence's
Five-Minute Video Series

https://vcuautismcenter.org/te/how_to/

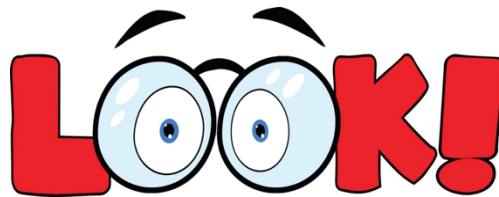


CHECK OUT THIS NEW VDOE WEBSITE – THE VIRGINIA FAMILY SPECIAL EDUCATION CONNECTION

The Virginia Department of Education (VDOE), in collaboration with George Mason University and the Helen A. Kellar Institute, has launched a new website for Virginia families to provide information on the latest news, research, and resources in special education. The website is described as providing a one-stop-shop for parents, families, and caregivers of children with special needs to:

- Access local school system contacts and disability services in the community
- Explore an abundance of resources, including assistive technology and behavioral supports to help your child to succeed
- Learn about and plan for a child's educational program
- Understand legal rights and responsibilities

The Virginia Family Special Education Connection website can be found at www.vafamilysped.org



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Thursday, July 13th

5:30pm – 8pm

MINDS OF ALL KINDS

A free, sensory friendly evening event at
the Museum!

Minds of All Kinds offers a less
crowded experience and hands-on
activities that will pique the curiosity of
the young and young at heart. Advanced
registration required for this event.
Spaces are limited.

NEWS FROM THE AUTISM SOCIETY CENTRAL VIRGINIA BOARD

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

Education

- Sponsored Understanding DD Waivers Workshop
- Co-Sponsored with Region IV REACH a workshop on Psychotropic Medications: A Review
- Sponsored The Elderly or Disabled with Consumer-Direction (EDCD) and Technology Assisted Waivers Workshop
- Presented information on autism and the ASCV at SunTrust Lunch and Learn

Services and Support

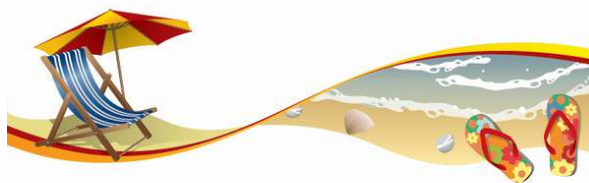
- Sponsored a sensory friendly movie in collaboration with the Byrd Theatre
- Sponsored an inclusive Lego and game club
- Sponsored Adults with Asperger's Interest Group
- Sponsored bowling for children, youth, and adults with ASD
- Hosted an Autism and Chesterfield First Responders Community Fair
- Sponsored an ASCV member night out at the Richmond Flying Squirrels.

Advocacy

- Participated in DBHDS Settlement Agreement Stakeholders Group

Awareness

- Exhibited at the Richmond Greek Festival
- Exhibited at the James Madison University Alumni Crab Feast
- Attended the Keystone Insurers Group Golf Tournament in honor of ASCV
- Interview of Board President shared in the Richmond Free Press



CONNECT WITH THE ASCV THROUGH SOCIAL MEDIA



FOLLOW US ON
Instagram



This July and August, the Autism Society Central VA will sponsor or participate in the following events. For information: 257-0192 or info@ascv.org.

07/08	10am	Inclusive Lego & Game Club – Chester , details and registration: https://julylegochester.eventbrite.com
07/08	2pm	Sensory Friendly Movie at the Byrd Theatre, <i>Boss Baby</i> , Carytown
07/29	10am	Inclusive Lego & Game Club – Downtown , details and registration: https://julylegodowntown.eventbrite.com
08/05	10am	Inclusive Lego & Game Club – Chester , details and registration: https://augustlegochester.eventbrite.com
08/05	11am	Sibshop , details and registration: http://ascv.org/event/sibshop/
08/19	2pm	Sensory Friendly Movie at the Byrd Theatre, Carytown
08/26	10am	Inclusive Lego & Game Club – Downtown, details and registration https://augustlegodowntown.eventbrite.com

AUTISM SOCIETY CENTRAL VIRGINIA

JULY/AUGUST CALENDAR



WORKSHOPS AND CONFERENCES

- 07/13 **Disclosing Disability in the Workplace** free webcast from VCU-RRTC; 2pm-2:45pm; register at <http://vcurrtc.org/training/webcastDetails.cfm/392>
- 07/13-07/15 **49th Annual Autism Society National Conference**; Milwaukee Wisconsin *Your Quality of Life Conference*. Learn more at www.autism-society.org/get-involved/conference
- 07/22 **Inaugural Tri State Adult Autism Symposium Conference**; Chattanooga Tennessee information available at www.gcaspies.org/conference
- 07/31-08/03 **National Autism Conference**; State College, Pennsylvania *Progress Through Partnership*. Learn more at www.autism.outreach.psu.edu
- 08/07-08/09 **ARC of VA State Conference**; Norfolk, VA; information available at www.thearcofva.org

SUMMER COMMUNITY OPPORTUNITIES

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

- 07/02 **Chuck E. Cheese's Sensory Sensitive Sunday** 9am-11am; 10430 Midlothian Turnpike, 23235; for more info contact 804-330-9865
- 07/03 **Sky Zone Special Needs Sensory Friendly Night** <http://www.skyzone.com/richmond>; for more info 804-379-2500
- 07/07 **Special Night for Special Needs** at Children's Museum Short Pump; 5:30pm; <http://www.c-mor.org/events/special-nights> for more information
- 07/13 **Minds of All Kinds** Virginia Science Museum Sensory Friendly Experience, advance registration required; for more details <http://www.smv.org/upcoming-events/minds-of-all-kinds-july-13>
- 07/17 **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
- 07/26 **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
- 07/27 **The Virginia Repertory Theatre Sensory Friendly Performance**, "The Little Engine That Could" at Willow Lawn 11:00am; \$12-\$16; information va-rep.org/sensory_friendly.html
- 08/01 **Jumpology** special needs night; see calendar at <http://www.jumpology.us/Pricing-Hours>
- 08/04 **Special Night for Special Needs** at Children's Museum Central; 5:30pm; <http://www.c-mor.org/events/special-nights> for more information
- 08/06 **Chuck E. Cheese's Sensory Sensitive Sunday** 9am-11am; 10430 Midlothian Turnpike, 23235; for more info contact 804-330-9865
- 08/07 **Sky Zone Special Needs Sensory Friendly Night** <http://www.skyzone.com/richmond>; for more info 804-379-2500
- 08/21 **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
- 08/23 **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



THE DOMINION ENERGY CHARITY CLASSIC COMING OCTOBER 19th – 22nd

The Autism Society Central Virginia is excited to be a participating charity for the 2017 Dominion Energy Charity Classic through the Birdies for Charity Program! You can join the fun and help support families and individuals living with autism in Central VA by participating in one of two ways:

- making a flat donation
- pledging a donation per birdie scored at the tournament

And, Dominion Energy will match donations up to 10%!

You can find more information about the event and make a donation at www.deccgolf.com. Be sure to choose Autism Society Central Virginia from the dropdown menu as you make your donation.

Donors to the ASCV Birdies for Charity will be automatically entered into a drawing for 4 tickets to the tournament. Please help us spread the word!



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Thank You To Our Volunteers

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Jenn Snyder
Abbey Stephens
Alex Klahn
Riley Fulks
Madeline Henry
Michael Pozeg
Freddy Derntel
Matt Smith

Saleeha Artis
Drew Becker
Sophia Rice
Joy Ochieng
Carleen Scott
Daniela Barrera
Edwin Lopez
Maddie Lowe
Avian Mills
Katrian Patton
David French
Ines Valenzuela

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!



SAVE THE DATES! FALL ASCV WORKSHOPS



Friday, September 8, 2017

ABCs of Behavior

Presenter: VJ Petillo, MS/PBSF

Friday, October 13, 2017

*Understanding and Supporting the Mental Health Needs
of Individuals with Autism Spectrum Disorders*

Presenter: Staci Carr, Ph.D.

Thank You For the Following Donations

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

Jessica Norris
 Dominion Resources
 William Janke
 Paul Warner
 Tracey Matthews
 Nancy Williams
 Clodfelter Properties
 Jessie Williams
 Michael Giles
 Gary Delozier
 Richard Coleman, Jr.
 Chester Hazlewood
 Pannill & Associates
 Wawa Foundation
 Children's Museum of Virginia
 Christopher Martin
 Eric Schmude
 Mamie Mayo
 Leigh Wear
 Awful Arthurs
 Crab Louies
 The Little Book Store
 It's Chic
 Panera Bread
 Chick-Fil-A Chester
 River Road United Methodist Women
 VCU Health Systems Department of Pathology
 Saints Constantine and Helen Greek Orthodox Cathedral – Greek Festival

The following donation was made in memory of Thurlow Cargill:
 Robert Shornak

Tracey Matthews
 Sherita Johnson
 Cheyniqua Holland
 Nataki Mahmood
 Alexander Wylie
 Larry Scarborough
 ILA Photos
 Lisa Keene
 Cecil Comer
 Mark Rondina
 Joseph Andres
 Michael Curl
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 Robert King
 Todd Coolbaugh
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 Glenda Mojica
 Baker's Crust
 TGI Fridays
 Home Depot Chesterfield
 Home Depot Chester
 S.L Nusbaum Realty Company
 S.B. Cox
 Bounce to the Moon
 Second Antioch Baptist Church

The following donation was made in memory of Kim Tuyen Le:
 Anh-Thu N Phan OD PC

SHOP AND SUPPORT AUTISM IN CENTRAL VA

Doing some summer shopping or getting an early start on Back to School?

Consider making your purchases through Amazon Smile and designating ASCV to receive 5% from your purchase.

There is no additional cost to you and you shop just like you would on Amazon.com. Just log into **smile.amazon.com** instead and choose "Autism Society Central Virginia" as your charity.





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) 655-0484 (fax)

Autism Society Central Virginia

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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 August 14th.

Ad Rates:

\$50.00 1/4 page (\$45 nonprofit)
\$75.00 1/2 page (\$68 nonprofit)
\$100 full page (\$90 nonprofit)

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.