

Improving the lives of All Affected by Autism Central Virginia

Into the Light





1in59
children living in
ADDM sites are
identified with ASD

AUTISM INCIDENCE RATE INICREASED TO 1 IN EVERY 59 CHILDREN

On Thursday, April 26, 2018, the Centers for Disease Control (CDC) released their report increasing the incidence rate of autism among eight-year-old children in the United States to 1 in 59. The rate has increased by 13.2% since 2014 when the rate was around 1 in 68.

For those involved in supporting the needs of individuals living with autism and their families, this increase is a concern, but comes as no surprise to us. The ASCV and fellow service providers are getting more calls for help than ever before. This growing statistic further emphasizes the continued need for enhanced programs and support services for individuals diagnosed with autism across our nation. While research toward a greater understanding of autism is important, the support of those currently living with autism is imperative. Unfortunately, the demands for help far exceed the available resources to assist individuals and their families.

For over 25 years, the Autism Society Central Virginia, a 501(c)(3) nonprofit, has served as the region's premier source of education, advocacy, and support for individuals with autism spectrum disorder (ASD), their families and friends, and interested professionals.

We envision a world where individuals and families living with autism are able to maximize their quality of life, are treated with the highest level of dignity, and live in a society where their skills and talents are appreciated and valued.

As the prevalence rate of autism continues to rise, the Autism Society Central Virginia is committed to being the local voice and resource in education, advocacy, services, and support for all individuals with autism, their families, caregivers, and the community.

For more information, please visit https://www.autism-society.org/news/2018-cdc-autism-incidence-rate-statement-from-the-autism-society/.



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!

EXAUTISM SOCIETY

Improving the lives of All Affected by Autism Central Virginia

BOARD OFFICERS

President: Staci Carr, Ph.D.

Vice President: Paul Warner

Treasurer: Zach Webber

BOARD MEMBERS

Craig Nichols
Linda Oggel
Michael Saxon
Scott Sigmon

STAFF

Executive Director: Ann Flippin

Outreach & Program Director: Tammy Burns, M.Ed.

Communications Coordinator: Megan Colson

Development & Operations Coordinator: Leanne Petroziello

Recreational Facilitator: Tammy Carlson
Recreational Facilitator: Erin Boatwright
Recreational Facilitator: Lindsay Kozachuk, M.A.

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 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.

ASCV 16th ANNUAL 5K RUN/WALK FOR AUTISM LESS THAN A MONTH AWAY!

There's still time to register, start a team and fundraise for the Autism Society Central VA's 16th annual 5K Run/Walk. Register your team today to go after one of the 11 trophies that will be handed out on race day!

Ways You Can Participate:

- <u>Register</u> to Run/Walk http://ascv.org/ ascv-5k/register/
- Form a **Team** and Recruit Members
- Start a <u>Fundraising</u> Page and Seek Donations
- Share this Information with Friends, Family, Co-Workers, Neighbors and Others in your Community
- Volunteer. We still have volunteer opportunities for Saturday May 26th!
- Identify and Reach Out to Potential Sponsors! A wide range of <u>Sponsorship Opportunities</u> are available!

Have Questions: Check out the <u>FAQ page</u> of our website! Feel free to contact our Executive Director, Ann Flippin at Ann.Flippin@ascv.org to discuss sponsorships, recruiting company teams, or team fundraising ideas.

Come on out and support the ASCV's mission to improve the lives of ALL affected by autism in Central Virginia. We hope to see you there!



REGISTRATION OPEN FOR MAY 12TH SIBSHOPS

The ASCV hosts 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 quarter on a Saturday morning. 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: http://ascv.org/meetings-events/sibshops/



ALREADY REGISTERED FOR ASCV 5K? PACKET PICKUP IS FRIDAY, MAY 25TH FROM 10AM-7PM

The registration packet includes a participant's t-shirt, race bib, and sponsor/exhibitor information. Packet pickup is on Friday, May 25th from 10am-7pm at the Markel 4600 Building (4600 Cox Road, Glen Allen). You may pick up race packets for friends and team members (please let them know if you are), but it is helpful if you know their names, and whether they registered for chip timing. Please coordinate with team members to avoid confusion and unnecessary trips. THERE IS NO PACKET PICKUP THE DAY OF THE EVENT.



LAST CHANCE FOR 5K RUN/WALK CELEBRATION SIGNS



Help us celebrate our 16h 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, 2018 at noon. You can find out more information and purchase signs here: https://5ksigns2018.eventbrite.com



SPECIAL NEEDS TRUSTS & FUTURE PLANNING WORKSHOP PRESENTED BY PAULA PEADEN & KAYLAN RUBEY FRIDAY, MAY 4, 2018

Join the ASCV on Friday, May 4, 2018 at 7pm at River Road United Methodist Church, 8800 River Road, for a special workshop on Special Needs Trusts and Future Planning.

A special needs trust (SNT), sometimes referred to as a supplemental needs trust, is a legal vehicle enabling assets to be held on behalf of someone with disabilities without affecting their eligibility for means-tested public benefits such as Medicaid or Supplemental Security Income.

Elder Law Attorney Paula Peaden will share information on SNTs as well as the recently passed Achieving a Better Life Experience (ABLE) Act. This law allows eligible individuals with disabilities to establish qualified ABLE Accounts that resemble qualified tuition programs (known as 529 Plans) that give individuals more control and choices about how their funds are spent on "qualified" disability expenses while still maintaining eligibility for important government programs.

Following Ms. Peaden's presentation, Kaylan Rubey, with Commonwealth Community Trust, will share information about pooled special needs trusts and why this type of Special Needs Trust may be a worthwhile option when future planning for your loved one with a disability. Register today for this important workshop: https://specneedstrustwkshp2018.eventbrite.com

LOOKING FORWARD TO... ASCV MEMBER FAMILY FUN DAY SATURDAY, MAY 5, 2018

Must be registered to attend.



This May, the Autism Society Central VA will host or sponsor the following events. For information: 804-257-0192 or info@ascv.org.

05/04	7pm	Special Needs Trusts & Future Planning Workshop; details & registration here: https://specneedstrustwkshp2018.eventbrite.com	
05/04		Aspergers/HFA Teen Social Club (Grades 6-10); free for ASCV members; check your e-mail for Eventbrite Invitation	AUTISM SOCIETY
05/05		Annual ASCV Members' Family Fun Day; must be registered to attend	CENTRAL VIRGINIA
05/08		ASCV Board Meeting	
05/12	10am	ASCV Sibshops; details & registration here: https://tinyurl.com/yabxyhdf	MAY CALENDAR
05/12	12:30pm	Support Group for Parents of Children with ASD Ages 0-8: details & registration here: https://mayparentyoungkidsupportgrp.eventbrite.com	
05/19	2pm	Sensory Friendly Movie at the Byrd Theatre, Carytown	
05/20		Bowling outing for children/youth/adults with autism; free for ASCV members; check your e-mail for Eventbrite Invitation	
05/25 1	0am-7pm	Packet Pickup for ASCV 5K Run/Walk; Markel 4600 Building at 4600 Cox Road, Glen Allen (no packet pick up the day of the 5K); individuals may also register for the 16th Annual 5K Run/Walk for Autism at Packet Pick Up	
05/26	8am	16th Annual 5K Run/Walk for Autism at Innsbrook	

Connect with the ASCV Through Social Media







AUTISM SOCIETY CENTRAL VA SUPPORT/INTEREST GROUPS

Sometimes it can feel like you are all alone on this autism journey, and there is no substitute for face-to-face connection when you need a friend. If you are looking for a group of people who are walking the same path, join us at one of our ASCV support groups for a time to share triumphs, frustrations and to be around others who get the highs and lows of raising a child/supporting an adult on the autism spectrum.

Currently we are offering the following facilitated support groups:

- Parents of Children ages 0-8 with ASD Join other parents/guardians of young children with ASD for this monthly support group time. This group meets from 12:30pm-1:30pm on the second Saturday of each month at the Manchester YMCA in Chesterfield. Free onsite childcare is provided for this group on a first come first serve basis for up to 12 children. Childcare participants MUST register in advance. Registration is also requested for support group participants for planning purposes. Registration links can be found on the event page of our website here: http://ascv.org/meetings-events/. The next meeting is scheduled for Saturday, May 12, 2018.
- Parents of Spectrum Adults Once your child is out of high school there is a whole new set of challenges
 that you face as a parent. Find the support you need with other parents/guardians of adults on the
 spectrum. This group meets from 7pm-8:30pm on the last Monday night of each month at the River
 Road United Methodist Church location. No registration is necessary. Due to Memorial Day, the next
 meeting is on Monday, June 25, 2018.
- Adults with Asperger's/HFA Interest Group This group meets at 7pm on the last Monday of each month
 at the River Road United Methodist Church location. Adults with Asperger's/HFA are invited to join us
 for support and camaraderie. This is an accepting group that will welcome you as you are; you do not
 have to pretend at this group, neurodiversity is embraced and celebrated here! Activities include
 discussion time, board and card games, snacks and other activities chosen by participants. No
 registration is necessary. This group meets at the same time as Parents of Spectrum Adults and the
 next meeting is Monday, June 25, 2018.

ASCV EXPANDS ASPERGER'S/HFA TEEN GROUP FOR SPRING

Over the last few months, the ASCV has been experiencing high demand from its members for it's monthly Asperger's/HFA Teen Social Club. The group, facilitated by ASCV staff members and volunteers, helps to encourage peer interaction and the development of social skills for teens in grades 6-10. Because of the long waitlists for the teen group, the ASCV decided to host two teen groups back to back in April and the results were amazing! Over 20 teens were able to join the April groups and hang out and socialize with their peers. We look forward to May's Teen Groups. Want to have your teen attend, but not yet a member? Info on ASCV Membership can be found here: http://ascv.org/membership/membership/.



	WORKSHOPS AND CONFERENCES
05/01	APPetizers at the PRC - Assistive Technology Open House at the Hanover Parent Resource Center; 5-7pm; details and registration: https://tinyurl.com/y83j67ea
05/02	Video Games: The Common Thread Among Students by Mark Bartlett at 12pm or 3pm; free Techknowledgy webinar by TTAC; details & registration: https://tinyurl.com/y7rpkqz8
05/08	Understanding and Supporting the Mental Health Needs of Individuals with Autism Spectrum Disorders by Stacy Carr, Ph.D at 3:30pm; free webcast by VCU-ACE; details & registration: https://tinyurl.com/y85mulzr
05/09	Necessary Components of Successful AAC Consideration (Part 1) by Christopher R. Bugaj, MA, CCC-SLP at 3:30pm; free webcast by TTAC; details & registration: https://tinyurl.com/y7elnejy
05/10	Necessary Components of Successful AAC Consideration (Part 2) by Christopher R. Bugaj, MA, CCC-SLP at 3:30pm; free webcast by TTAC; details & registration: https://tinyurl.com/ycfhngrl
05/10	Tips for Using Music with Your Family ; free webinar at 2 pm from PEATC; details & registration: https://tinyurl.com/yb5jzcfj
05/15	Make and Take a free parent workshop sponsored by Medical Home Plus at Hope Church; 6:45-8pm; details & registration: https://tinyurl.com/y95wq39f
06/08	Overview of REACH Services Lunch & Learn at the REACH Office, 3700 Festival Park Plaza, Chester; 11:30am-1pm; details & registration: https://tinyurl.com/y9azo5ej

Scholarships

The Autism Society Central Virginia (ASCV) is pleased to offer three types of scholarships for 2018. 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

For more information, go to the ASCV website scholarship link: http://ascv.org/about/recreational-scholarships/

MAY COMMUNITY OPPORTUNITIES

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

05/01, 05/05	Sensory Story Time at Varina Area Library; for more information: https://tinyurl.com/y7zlgqkr
05/02	Chesterfield Education Advisory Committee meets at 5pm; CTC@Hull, 13900 Hull Street Rd., Midlothian; open to the public; for more information call 804-639-8918
05/04	Popsicles & Playtime at Northstar Academy for preschool & elementary students; drop-in from 12-2pm; 8055 Shrader Road, Richmond; for more information: http://bit.ly/nsaplayground
05/04	Special Night for Special Needs at Children's Museum Short Pump at 5:30pm; for more information http://www.c-mor.org/full-menu/calendar/
05/06	Chuck E. Cheese's Sensory Sensitive Sunday 9am-11am; 10430 Midlothian Turnpike, 23235; for more information contact 804-330-9865
05/07	Sensory Story Time at Glen Allen Library; for more information visit: https://tinyurl.com/y7zlgqkr
05/07	Sky Zone Special Needs Sensory Friendly Night 5pm-6pm; for more information call 804-379-2500 or visit http://www.skyzone.com/richmond
05/07	Hanover County Special Education Advisory Committee meets at 7pm at Hanover County School Board Office, 200 Berkley Street, Ashland; Topic: <i>Literacy for Students with Disabilities</i> ; open to the public; for more information call 804-365-4596
05/08	Jumpology Special Needs Night 5pm-7pm; http://www.jumpology.us/Pricing-Hours for more information
05/08	Richmond City Special Education Advisory Committee; 6pm-7:30pm; open to the public; for more information: https://www.rvaschools.net/Page/1277
05/12	CAST for Kids– James River, VA ; provides children with disabilities the opportunity to fish and boat; more details: http://castforkids.org/event/jamesriver/
05/12 & 19	University of Richmond SAT Prep Workshop for Students with ASD; \$20 fee; email onein68foundation@gmail.com to register
05/15	Monkey Joe's Special Needs Night from 5pm-7pm; kids ages 2-12 with special needs are free; closed to the public; siblings welcome \$5; more details 804-897-5867
05/22	Henrico County Special Education Advisory Committee meets at 6:30pm at Brookland Middle School, 9200 Lydell Drive, Richmond; Topic: <i>Dyslexia</i> ; open to the public
05/23	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

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 the Helping Individuals with ASD Use Scripts Effectively Workshop
- Hosted the Teaching Social Competencies with Social Thinking with Michelle Garcia Winner in collaboration with the Region 1 Autism Consortium

Services and Supports

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

Awareness

- Exhibited at Capital One Special Needs Resource Fair & Forum
- Exhibited at Minds of All Kinds at the Science Museum of VA
- Participated in Global Autism Project Panel
- Exhibited at Vineyard Vines Fundraiser
- Exhibited at SODMC Renegade Ride for Autism
- Exhibited at TGIFriday's Flair Show
- Exhibited at Henrico County Family Learning Series Summit
- Exhibited at Until the Pieces Fit Event in Colonial Heights
- Exhibited at Cosby Superhero Carnival

Advocacy

- Participated in DOJ Settlement Agreement Stakeholders Group
- Participated in Region IV Reach Advisory Council
- Participated in SIS Stakeholders Meeting





Thank You To Our Volunteers

Brie King Raven Witherspoon

Bradford Hulcher Leo Chen

Heidi Tran Virang Kumar

Janna Davila Maggie Swineford

Kayo Lu Jordan Crawley

Shruti Police Laurel Kovalchick

Gwynna Ryan Grant McDonald

Faterma AlDaril Myranda Hill

Madison Nahrup Bill Blackburn

Dominique Dover Ash Tabrizi

Octavia Bunton Usmann Malik

Nuri Abdussalam Jacob Johns

Kathleen Martin Paul Miller

Alyssa White Garrett Fieche

Ben Creasey Lindsey Weeks

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!



JUNE 23rd – 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 23rd Flying Squirrels baseball game! The game starts at 6:05 pm, and is followed by fireworks for those who wish to stay. Registration for ASCV free tickets will end on June 17th.

Thank You to the Following Donors

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

Larry Scarborough Robert Cox
Dagoberto Disla Robert King
Lisa McAlexander Michael Curl
Lisa Keene Amrinder Singh
Kimberly Hughes Jessika Goodman
Jeffrey Burchett Denise Spencer

Justin Diggs Gerard and Kathleen Albanese

Joseph Kendricken Mike Kane
Joseph Piwowarski Eric Schmude
Craig Radcliff Mamie Mayo

William Walker CodeRVA Regional High School

Joseph Andrews Katherine Mitchell

Lakiesha Bonner Paul Warner
Stephen Golec V. Carol Cho
Quintin Williams William Janke



Thank you to all
who helped us celebrate
Autism Awareness,
Appreciation & Acceptance
Month in April!
Your support means so much!





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 the 15th of the month.

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 ASCV Board reserves the right to refuse to place an advertisement



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:

- · Free monthly bowling outings for children, youth, or adults with ASD
- Discounted workshops and conferences
- Free ASCV sponsored social/recreational activities including our annual family fun day, holiday party, and much more
- Free childcare at ASCV monthly program meetings

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 and our monthly newsletter; your e-mail will always be kept confidential)			
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:			
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)