



# *Into the Light*

## IT'S A WRAP- 2018 ASCV AUTISM 5K RUN/WALK!



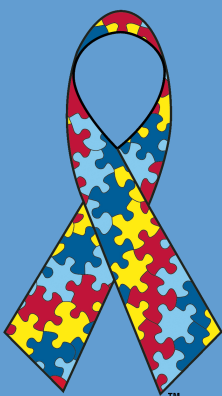
Thank you to all who joined us for another successful ASCV 5K Run/Walk for Autism! Over 1200 runners/walkers and 75 teams participated in this year's 5K on Saturday morning, May 26th. The participants spent time visiting with event sponsors, many of whom provided helpful information on community resources for those on the spectrum. Families also enjoyed Chick-fil-a, Kona Ice and Raise Coffee, Inc. refreshments, while the kids enjoyed Capital One's balloon artist and the ASCV Kid Zone with bubbles and inflatables. This year's newest addition, the SunTrust Photo Booth was a big hit with young and old alike, with the photos being posted to Facebook, for all to share with family and friends. #ASCV5K

The Autism Society Central Virginia would like to once again thank all of our participants, volunteers, donors and sponsors for making this year's Autism 5K a huge success!

### Platinum, Silver & Bronze Sponsors



Aetna - Asset Protection Group, Inc.- Faison Center - James River Orthodontics - Grafton Integrated Health Network  
Highwoods Properties - Neurosurgical Associates, PC - Noodles & Company - Parker, Pollard, Wilton & Peaden -  
Pearson Honda - River City Veterinary Hospital - Salomon & Ludwin



## 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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This newsletter is a publication of: Autism Society Central Virginia.

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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 July newsletter is June 15th. You may send your contributions to the above address or email contributions to [info@ascv.org](mailto: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.

## GENERAL ASSEMBLY APPROVES 1,695 NEW DD WAIVERS!



Developmental Disability (DD) Waivers allow qualifying individuals with autism and other developmental disabilities to receive the services and supports they need to live in their homes and communities. The Governor's proposed 2018 budget included only 875 DD waiver slots for the 12,501 people who are on waiting lists for the DD Waiver program. Approximately 3,156 of those individuals are considered to be Priority Level 1 or in urgent need of a waiver.

On May 30, Virginia legislators agreed to funding for 1,695 new DD Waiver slots, far exceeding the Governor's budget request.

Your advocacy, in the form of phone calls, letters, e-mails, and visits with your legislators, was key in educating your legislators on the importance of funding Priority 1 DD Waiver slots. Take the time today to thank your legislators for these additional DD Waiver slots. And mark your calendars to join us next January for DD Advocacy Day at the General Assembly!

# ADVOCACY



*ASCV staff & volunteers attended DD Advocacy Day in January to lobby for the autism community.*







Top Fundraisers: Jennifer & Eli Barnum



## Congratulations Top Fundraisers

**Top Individual  
Fundraiser**

**Jennifer Barnum  
over \$11,000**

**Top Corporate  
Fundraising Team**

**SunTrust Sprinters  
over \$1,700**

**Top School  
Fundraising Team**

**TCMS NJHS  
over \$3,600**

**Top Friends & Family  
Fundraising Team**

**Team bELLEve  
over \$11,000**



Don Mayfield Spirit Winner: Team AweSam



Largest Business Team: Team Asset



Best Team T-shirt: Aiden's Awesome Avengers

## Congratulations Largest Teams

**Largest Overall Team** **Jogging For Jared  
over 120 people**

**Largest Business  
Team** **Team ASSET  
over 40 people**

**Largest School Team** **TCMS NJHS  
over 40 people**



Largest Overall Team: Jogging for Jared



Overall Top Male & Female Runners:  
Brian Welch & Heather Millner

**Chip Timed Runners  
Check Your Results Here:**

<https://www.athlinks.com/event/203928/results/Event/737722/Course/1225389/Results>

## The Heart of the 5K Run/Walk for Autism

Each year so many families affected by autism join the Autism Society of Central Virginia (ASCV) at our 5K Run/Walk for Autism. These families rally their individual friends, family members and coworkers to raise funds for an organization that has been important in their own lives.

The Ali family, whose 17-year-old son is autistic, has participated in the ASCV 5K for seven years, raising several thousands of dollars for the organization over those years. For them, like many of our families, the autism 5K is a day where many families living with autism, who may not see each other that often, show their camaraderie by being on the course and walking with other families who “get it.”

This year, however presented a special challenge for the Ali family. For the second year in a row, the 5K coincided with the Islamic month of Ramadan, a time when most Muslims fast (no food or liquids, not even water) from sun-up to sun-down for 30 consecutive days. Parents Dilshad and Taruj Ali knew they could walk the 5K while fasting, though it was a challenge. However, they determined that pushing their son in his special jogging stroller would be too difficult. After trying and failing to secure a running partner through Inclusive Racing, they put a call out on Facebook at the last minute to try and find some assistance.

Here is the beautiful offer they received and a special walking partnership that was conceived, as related by Dilshad via Facebook after the conclusion of the 5K.

*This may have been the best 5K yet. Our team was pretty much just us, as Ramadan kept a lot of people from joining and the few who did join got sick before the weekend. Twenty-four hours before the race I hadn't been able to secure someone to push D in the 5K. Taruj and I knew that just walking the 5K while fasting was all we could manage.*

*Then my friend Bradford messaged me - she used to be the executive director of the very Autism Society Central Virginia that we were 5K-ing and fund raising for. She told me her son Sam, who is several years older than D, wanted to push him. “Sam’s strong as an ox,” she told me. “He can do it.” Sam is autistic too, and he and Bradford and their family have been the very model of community leadership, teaching all of us how to navigate this journey, sharing their wisdom and experience with not just my family, but so many families in central Virginia.*

*When I try and foresee the future for D, I take notes from Sam and Bradford’s journey. And so Sam pushed D, and it might’ve been the first time an autistic young man pushed another autistic young man in the ASCV Annual 5K Run/Walk for Autism. And that’s pretty cool.*

*Taruj, H and I as well as Sam’s dad Chuck and Sam’s Aunt Betty all walked with Sam and D. It was so nice.*

*For all the challenges and heartaches, autism has been the great equalizer and magnet that has drawn so many different people into our lives. I read about and report on so many horrible things daily, about how the divide between people and communities grows wider and deeper in this current climate.*

*But from where I see things, there is still a lot of good. There is a lot of shared love.*







## ASCV SUMMER HAPPENINGS

Looking for things to do this summer? The Autism Society Central VA is in the midst of planning summer “meet-ups” for our families. So be on the lookout for emails and social media posts about fun events for the whole family, such as an evening at Arc Park or the Children’s Museum Sensory Night. We’re even coordinating a few “parents only” activities, such as dinner out or a trip to a local brewery. Plus, take a look at the articles below– sensory friendly movies at the Byrd Theatre each month and ASCV Night at the Flying Squirrels game on June 23rd. Hope to see you all there!

### SUMMER SENSORY FRIENDLY MOVIES AT THE BYRD THEATRE

We are pleased to partner with the Byrd Theatre throughout the year to bring an affordable monthly sensory friendly movie experience in a safe and accepting environment to our community. The lights are turned up and the sound is turned down. Those with special dietary needs are welcome to bring their own refreshments (no ice cream or glass bottles.) Sensory friendly screenings will take place at 2 pm on the following dates this summer: June 16th, July 21st, and August 18th.



### JUNE 23rd – ASCV MEMBER NIGHT AT THE FLYING SQUIRRELS

ASCV members have been invited, via Eventbrite invitation, 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. The deadline for registration and/or cancellation of tickets is June 17th at noon.



## KEEPING SUMMER SAFE & ENJOYABLE FOR CHILDREN WITH AUTISM

By Matthew Sharp, M.Ed.

Long days filled with activities. New smells and sounds, from the beach and boardwalk treats to fireworks and festive parades. Quality time with friends and relatives living outside the area. These may not seem like red flags to most people, but for children with autism the hallmarks of summer often invite unpredictability and stress, and impact not only them, but also their parents and siblings. However, with some simple planning, you can ensure that your child will not only be safe, but will also feel comfortable during the summer months.

### VACATION

#### Plan Ahead

Create a packing list, taking your child's sensory needs into consideration. Where will he/she be staying? Should you bring along a sound machine to facilitate sleep? Involve your child by watching a movie or reading a story about your destination.

#### Avoid Surprises

Create a schedule and review it daily with your child. Forecast any issues he/she may have and plan ahead so you can hopefully bypass them. For example, if you are going to have an unavoidably long day, pack something to entertain your child, depending on his/her functioning level. Also consider allowing your child to choose between two activities. Use a cell phone alarm clock to alert you to potty breaks and check-ins with your child.

### VISITING RELATIVES

#### To Grandmother's House We Go

Carol Gray trademarked the term "social story" to refer to stories drafted for individuals with autism to familiarize them with social behaviors relevant to a particular environment. Create a social story or picture book for your child about his/her relative. This will help the child learn who the relative is and be more comfortable around another family member, making the visit more enjoyable for both parties.

On this type of summer trip, you may be able to exert more control. Contact the relative your family is visiting in advance of your arrival and share any specific needs or environment-related requests, such as sleeping and play spaces, as well as sensitivities to smell, sound, touch, etc. Use this conversation to familiarize your relative with your child if the two have not interacted recently. Most important, remember to be tolerant and have a sense of humor, particularly if you are guests in your relative's home.

Continued on Page 8

## OUTDOOR PLAYTIME

### SPF + Schedules = Fun in the Sun

If your child will be enjoying outdoor activities like biking, swimming or summer camp, prepare him/her by practicing sunscreen application. Parents should seek an unscented, hypoallergenic variety that sprays on clear and should build time for applying sunscreen into the child's schedule.

### Smart Snacking

Ensure you have packed something your child will eat. If your child's dietary needs permit purchasing food on-site, consider calling ahead to ask if the restaurant can accommodate food allergies and/or menu modifications. Then, practice selecting and ordering items, and use math skills to calculate the cost of the meal with your child.

### Communication with Camp Counselors/Mentors is Key

While it's beneficial for your child to have exposure to typical peers, make sure you have selected an inclusive, understanding summer program, staffed by camp instructors who are trained to work with children with autism. Share your contact information and ensure that the staff knows when—and when they don't—need to check in with you. Provide camp leaders with a list of your child's typical behaviors, as well as what they should and should not ignore.

Check if a mentor or buddy is available, typically an older child who can shadow your son/daughter and provide guidance when needed. Since children with autism often wander, pool safety is paramount. Make sure your child is supervised at all times when near water.

## SUMMER HOLIDAYS

### Create a Backup Plan

As holidays approach, develop two scenarios: Plan A if things go well and Plan B if issues arise. Consider an alternate activity for your other children, particularly if you need to act on Plan B.

### Build Excitement

Similar to the social story to prepare your child for being around a new relative, talk about the upcoming holiday ahead of time, sharing details about what will be happening (and why) with your child. Though it may mean a disturbance in his/her normal routine, try to make the holiday something your child wants to take part in.

## OTHER SUMMER ACTIVITIES

### Seek Out Community Resources

Whenever possible, create visual schedules to share with your child, showing everything that's going on in his/her day or week. Utilize the local library, YMCA, swim club or extended school program to get your child involved in activities that provide learning opportunities.

### Keep Learning Opportunities in Mind

Work with your child's teacher in May and June to develop learning packets and activities you can complete with your child over the summer. Remember the importance of unstructured time as well, and set up a safe play area where your child can relax while you take a break.

Planning ahead, creating and sticking to a schedule, building in breaks, allowing for choice and understanding/anticipating your child's sensory needs will help ensure that summer is an enjoyable time for the entire family.



This June, the Autism Society Central VA will host or sponsor the following events. For information: 804-257-0192 or [info@ascv.org](mailto:info@ascv.org).

- |       |         |   |
|-------|---------|---|
| 06/02 | 10am    | <b>Inclusive Lego &amp; Game Club– Chester:</b> details & registration: <a href="https://legochesterjune2018.eventbrite.com">https://legochesterjune2018.eventbrite.com</a>           |
| 06/09 | 12:30pm | <b>Support Group for Parents of Children with ASD Ages 0-8:</b> details & registration: <a href="https://junesupportgroup.eventbrite.com">https://junesupportgroup.eventbrite.com</a> |
| 06/12 |         | <b>ASCV Board Meeting</b>   |
| 06/13 | 5:30pm  | <b>ASCV Junior Board Informational Happy Hour:</b> details & registration: <a href="https://ascvjuniorboard.eventbrite.com">https://ascvjuniorboard.eventbrite.com</a>                |
| 06/16 | 2pm     | <b>Sensory Friendly Movie</b> at the Byrd Theatre, Carytown   |
| 06/23 |         | <b>ASCV Members Flying Squirrels Baseball Night;</b> registration/cancellation deadline is June 17th at noon  |
| 06/25 | 7pm     | <b>Adults with Asperger's/HFA Interest Group</b> (open only to adults with Asperger's/HFA)  |
| 06/25 | 7pm     | <b>Parents of Spectrum Adults Support Group</b>   |
| 06/30 | 10am    | <b>Inclusive Lego &amp; Game Club– Downtown:</b> details & registration: <a href="https://legodowntownjune2018.eventbrite.com">https://legodowntownjune2018.eventbrite.com</a>        |

**AUTISM  
SOCIETY  
CENTRAL  
VIRGINIA**

**JUNE  
CALENDAR**

## Connect with the ASCV Through Social Media



## Celebrate Father's Day with Amazon Smile

Support us when you shop for

**Father's Day**

Buy your gifts at [smile.amazon.com](http://smile.amazon.com) and Amazon donates

**amazon smile**



Your shopping matters. Shop for Father's Day at <http://smile.amazon.com/ch/46-1250829> and Amazon donates to Autism Society Central Virginia.

## JUNE COMMUNITY OPPORTUNITIES

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

- 06/02, 06/05 **Sensory Story Time at Varina Area Library**; for more information:  
<https://tinyurl.com/y7zlgqkr>
- 06/02 **Comedy Sportz Sensory Friendly Performance** 3pm; for more information:  
[cszrichmond.com](http://cszrichmond.com)
- 06/03 **Chuck E. Cheese's Sensory Sensitive Sunday** 9am-11am; 10430 Midlothian Turnpike, 23235; for more information contact 804-330-9865
- 06/04 **Sensory Story Time** at Glen Allen Library; for more information visit:  
<https://tinyurl.com/y7zlgqkr>
- 06/04 **Sky Zone Special Needs Sensory Friendly Night** 5pm-6pm; for more information call 804-379-2500 or visit <http://www.skyzone.com/richmond>
- 06/04 **Hanover County Special Education Advisory Committee** meets at 7pm at Hanover County School Board Office, 200 Berkley Street, Ashland; open to the public; for more information call 804-365-4596
- 06/05 **Jumpology Special Needs Night** 5pm-7pm; <http://www.jumpology.us/Pricing-Hours> for more information
- 06/06 **Minds of All Kinds** free sensory friendly evening at the Science Museum of Virginia, 5:30-8pm; registration required:  
<https://2274.blackbaudhosting.com/2274/Minds-of-All-Kinds-06Jun2018>
- 06/19 **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
- 06/23 **Autism Walk benefitting ASCV sponsored by the Men's Ministry of Good Shepherd Church & the Petersburg Sheriff's Office**; 9-11am at Cameron Field in Petersburg; more details: <http://www.goodshepherdbaptist.org/autism-walk-2018.html>
- 06/27 **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 May 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 Special Needs Trusts & Future Planning Workshop

### Services and Supports

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

### Awareness

- Interviewed by Kat Simons & Mix 98.1 for Autism 5K Run/Walk
- Hosted 16th Annual 5K Run/Walk for Autism

### Advocacy

- Participated in Autism Behavioral Health & Consortium Meeting

## WORKSHOPS & CONFERENCES

- |          |   |
|----------|---|
| 06/04    | <b>Employment Support Frameworks for People with Psychiatric, Intellectual, and/or Developmental Disabilities with an Emphasis on Transitional Age Youth;</b> Free Livestream at 11 am; details & registration: <a href="https://www.youtube.com/watch?v=tn0uAJ656Jl">https://www.youtube.com/watch?v=tn0uAJ656Jl</a> |
| 06/05    | <b>Think College Webinar: Spring 2018 Research Summit: What Works: Effective Strategies for VR Collaboration and Employment;</b> 1pm; details & registration: <a href="https://tinyurl.com/y9fs35x7">https://tinyurl.com/y9fs35x7</a>   |
| 06/07&08 | <b>VADCDT Transition Conference: Transition: Back to Basics;</b> at the Doubletree by Hilton Charlottesville; details & registration: <a href="https://tinyurl.com/y99n6q6k">https://tinyurl.com/y99n6q6k</a>   |
| 06/08    | <b>Overview of REACH Services Lunch &amp; Learn</b> at the REACH Office, 3700 Festival Park Plaza, Chester; 11:30am-1pm; details & registration: <a href="https://tinyurl.com/y9azo5ej">https://tinyurl.com/y9azo5ej</a>  |
| 06/14    | <b>Think College Webinar: You Don't Say! Parent Involvement Expectations, Communication and FERPA Requirements in Postsecondary Education Programs for Students with Intellectual Disabilities;</b> 3pm; details & registration: <a href="https://tinyurl.com/y8txnnfy">https://tinyurl.com/y8txnnfy</a>              |



## Thank You To Our Volunteers

Bradford Hulcher  
Lindsey Weeks  
Grant McDonald  
Benjamin Edlavitch  
Dominique Dover  
Kinjal Mutha  
Pritesh Mutha  
Shivani Kundalia  
Leo Chen  
Ben Creasey  
Alicia Williams  
Arnold Kim  
Taneisha Coles  
Madison Nahrup  
Nuri Abdussalaam  
Octavia Bunton  
Lynn Jackson

Tim Radonga  
Macie Benkovitz  
Miles Hoover  
Chaimaa Rabih  
Jordan Krajewski  
Andrew Ospina  
Lexi Thurston  
Jennifer Wells  
Andrew Fleetwood  
Michael Guyer  
Celeste Mejia  
Conner Gavin  
Michael Swan  
Persia Rezaee  
Dannette Cox  
Madison Ellis  
Kelly Nguyen

*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](mailto:outreach@ascv.org) to find out how you can volunteer for the ASCV too!*



**Thank You To All Of The Incredible Volunteers  
Who Helped Make The 16th Annual 5K Run/Walk For Autism  
A Huge Success!!!**

## Thank You to the Following Donors

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

Amrinder Singh	Robert King
Jessika Goodman	Michael Curl
Brittany Graveline	Eric Lowell
Larry Scarborough	Julia Tolley
Pamela Witt	Colonial Heights American Legion
Cuddle Up for a Cause	Paul Warner
Jeanne Bradley	V. Carol Cho
Eric Schmude	William Janke
Mamie Mayo	Mills Godwin High School
Lisa Keene	Kamran Malik
Kimberly Hughes	P. Charles Mason
Jeffrey Burchett	Darren Olivio
Justin Diggs	Miriam Mares
Joseph Piwowarski	Thomas Dale High School
Craig Radcliff	Comedy Sportz
William Walker	Jumpology
Joseph Andrews	Sons of Dominion Motorcycle Club
Lakiesha Bonner	

Donation made in honor of Deon Cunningham by QSI– Quantum Silicones

Donation made in memory of Michael Morlino by Lynn Fellowes

Donation made in memory of Renee Lanier Williamson by Judy Gregg



# Autism Walk <sup>2018</sup>

**Proceeds Benefit**  
**AUTISM SOCIETY**  
*Improving the Lives of All Affected by Autism*  
*Central Virginia*

*Sponsored by The Men's Ministry of Good Shepherd Baptist Church & The Petersburg Sheriff's Office*

## Saturday, June 23

### 9 a.m. – 11 a.m.

**Entry Fee: \$10**

Forms are also available at  
**Good Shepherd Baptist Church**  
 2223 S. Crater Road - Petersburg, Va. 23805  
 Phone: 804-732-5969

Forms are also available at  
**Petersburg Sheriff's Office**  
 8 Courthouse Ave. - Petersburg, Va. 23803  
 Phone: 804-733-2369

You may register online @ [GoodShepherdBaptist.org/autism-walk-2018.html](http://GoodShepherdBaptist.org/autism-walk-2018.html)  
 You may also download form from the website.

**LOCATION:** Cameron Field - 425 Graham Road, Petersburg, Va 23805  
 (Enter Cameron Field from Graham Rd.)



# The ASCV is Launching a Junior Board

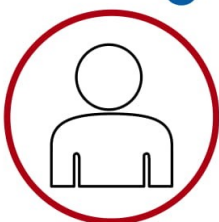
## Networking, Social & Philanthropic Opportunity for Young Professionals

Join us for a  
 social & informational  
 happy hour:

When: Wednesday, June 13th 5:30pm

Where: The Fahrenheit Group  
 1500 Mactavish Ave

RSVP at  
[ascvjuniorboard.eventbrite.com](http://ascvjuniorboard.eventbrite.com)



Leadership



Advocacy



Volunteerism



Fundraising

Our goal is to unite those who have a passion for supporting individuals with autism, and to form a group to help further the mission of the ASCV!





# Disability and Rehabilitation Research Project

## CUSTOMIZED EMPLOYMENT

*Effects of a Customized Employment Intervention on the Employment Outcomes of Youth with Intellectual Disabilities and/or Autism Spectrum Disorder*



### CONSENT TO CONTACT FORM -- Creative Employment Opportunities Site

**Are you interested in working in the Community?**

**Would you like to talk to someone about having a job or career?**

**If you answered yes, then we want to meet with you!!!!**

Virginia Commonwealth University's Rehabilitation Research and Training Center (VCU-RRTC) is collaborating with the Virginia Department for Aging and Rehabilitative Services and educational systems in the Richmond metropolitan area on a research study that will assist transition-age youth to find jobs. Individuals included in the study must be between the ages of 18-24, have an intellectual disability or autism spectrum disorder, and want to work at least part-time. If you decide to participate, you will receive individually designed employment services and supports to find a job of your choice. Services will be provided to you at no cost.

If you are interested in participating, staff from the VCU-RRTC would like to talk with you and your family. A time will be scheduled at your convenience at a location of your choice. By signing below, you are giving your permission for staff from the research study to contact you and your parent / guardian.

**My contact Information:** Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Parent / Guardian: \_\_\_\_\_

Signature: \_\_\_\_\_

Phone No.: \_\_\_\_\_ Email: \_\_\_\_\_

**DATE:** \_\_\_\_\_

#### VCU-RRTC Contact Information:

**Jennifer McDonough, Project Director**  
**VCU-RRTC -- PO Box 842011 -- Richmond, VA 23284-2011**  
**jltodd@vcu.edu**

The National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant number #90DP0085) funds this study on customized employment. NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). This study has been reviewed and approved by the Virginia Commonwealth University Institutional Review Board (#HM20008986). VCU-RRTC is an equal opportunity/affirmative action institution providing access to education and employment without regard to age, race, color, national origin, gender, religion, sexual orientation, veteran's status, political affiliation, or disability. If special accommodations are needed, please contact Katherine Inge at (804) 828-1851 VOICE or (804) 828-2494 TTY.



## Would You Like to Help Train Professionals to Work with Families like Yours?

### Consider Participating in the Va-LEND Family Mentorship Experience

The Family Mentorship Experience is a curriculum component of the Virginia Leadership Education in Neurodevelopmental Disabilities Program (Va-LEND), which is part of the Partnership for People with Disabilities at Virginia Commonwealth University in Richmond, Virginia. The Family Mentorship Experience is a program in which families like yours help to train professionals who work with children with disabilities and their families. We are currently looking for families who would be willing to participate in the FME during the 2018-2019 academic year (September 2018 through early May 2019). Mentoring families must have a child with a disability, use email, and live in the greater metro Richmond area, unless we specifically need a family to mentor a trainee who lives elsewhere.

The trainees (students) who are chosen for this graduate-level program learn how to work in family-centered, interdisciplinary ways and to be leaders in their fields. They may be training or already in practice as physical therapists, occupational therapists, speech therapists, psychologists, social workers, nurses, pediatricians, dentists, nutritionists, audiologists, lawyers, genetic counselors, psychologists, or special education teachers. Each year we also accept some trainees who have a family member with a disability or who themselves have a disability, to represent the experience, perspective, and expertise of individuals with disabilities and their families.

#### How Does the Family Mentorship Experience Work?

Each mentoring family is assigned a Va-LEND trainee. The trainee will visit with your family five times during the school year and will stay in touch with you by telephone or email between visits. The trainee's goal is to learn from you and your family about the day-to-day activities, challenges, and joys of living as a family with a child who has a disability or special health care needs. The visits will be scheduled by you and the trainee together. Some visits will take place at your home, while others will be in the community – at your child's school, at a medical or therapy appointment, on the playground or sports field, or anywhere else that you feel is important in your child's life. Your job will be to show the trainee what it is really like to have a child with a disability or special health care needs. We hope that you will share your feelings and experiences, including the good times and bad times, so that your trainee can see "the whole picture" of your life as a family. Your trainee will always respect your family's confidentiality and privacy and will not share information that may identify your family to others.

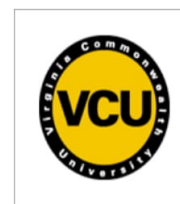
Before participating in the program, your family will first be visited by our Family Mentorship Coordinator, to talk with you about the FME and answer any questions you may have. Once you agree to be part of the program, you will be invited to attend an orientation picnic in September where you will meet your trainee as well as the other families and trainees in the program. The Family Mentorship Coordinator will stay in touch with your family throughout the year to make sure the experience is going well. As a parent of a child with a disability and a former mentoring parent with Va-LEND, the FM Coordinator is sensitive to the issues families may face in sharing their lives with trainees.

#### What Do I Do if I am Interested?

For more about this opportunity, please contact Elaine Ogburn at [esogburn@vcu.edu](mailto:esogburn@vcu.edu) or 804-320-4514.

**Virginia Leadership Education in Neurodevelopmental Disabilities Program**  
**1000 East Marshall Street, Suite 416**  
**P.O. Box 980405, Richmond, VA 23298-0405**  
**Office: 804/828-0073 Fax: 804/828-0098**

This interdisciplinary leadership-training program is funded through a federal grant from the Maternal and Child Health Bureau, Health Resources and Services Administration, Department of Health and Human Services (Project #5T73 MC 00040).







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Tuesday June 19th 6-6:45pm Adolescents

**Young Adult Social Group and Caregiver Respite  
Group:**

Thursdays June 4-August 9, 10:45-12pm

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### 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:

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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 3<sup>rd</sup> Street  
Richmond, VA 23219  
[outreach@ascv.org](mailto:outreach@ascv.org) (email)  
(804) 655-0484 (fax)