



# *Into the Light*

## 2018 Recap - The ASCV's Year in Pictures

Thanks to your support, we are making an incredible impact in the lives of those with autism through our many programs and support services.



**Provided 67 individuals with \$15,000+ in scholarship funds to attend recreational, social, and educational activities.**



**Reached 1,360 individuals on the spectrum through 41 Recreational & Social Activities, including bowling, Lego club, and summer meet-ups.**



**Hosted 41 Support & Social Groups in 2018, reaching 400 children, teens & adults on the spectrum, as well as their parents and siblings.**



**Hosted 5 special events, including our annual pumpkin patch outing, swim event and holiday party, with over 750 members attending.**



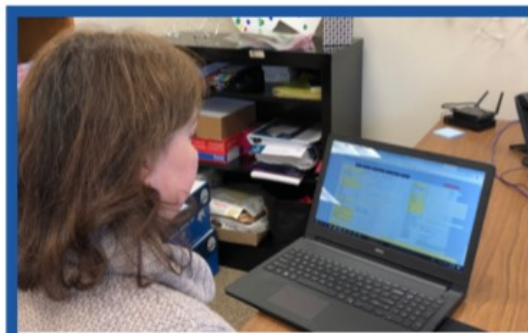
**Participated in a total of 20 advocacy events, initiatives and meetings at local, state and national levels.**



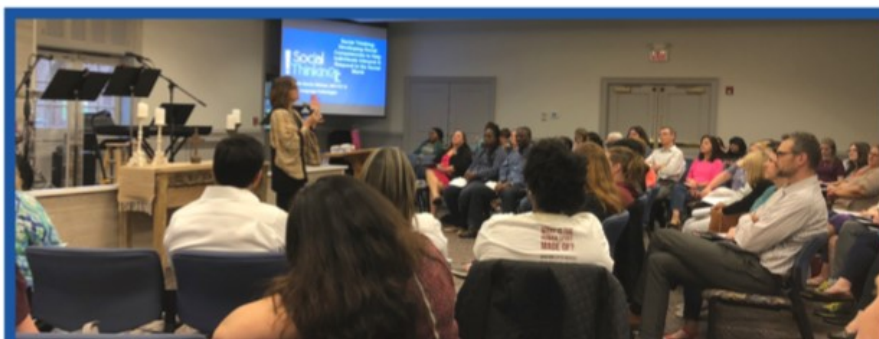
**Gave presentations and exhibited at 25 events, providing over 1,500 community members with information about autism and available resources.**



**220 individuals donated their time to volunteer at 35 programs throughout the year.**



**Supported 900 families one-on-one through our Information & Referral Service.**



**Educated and inspired over 588 participants at 13 workshops throughout 2018, including an IEP Bootcamp, Social Thinking Workshop, and Transition Series.**



## 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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Vice President: Paul Warner  
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This newsletter is a publication of: Autism Society Central Virginia.  
200 South 3<sup>rd</sup> 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 February newsletter is January 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.





From the desk of our Executive Director

*Ann Flippin*



As 2018 draws to a close, I would like to extend my heartfelt thanks to everyone who shared our mission to improve the lives of those affected by autism in Central Virginia. We are grateful to all who spread awareness and acceptance, donated their time and gifts, and contributed to the success of our programs and events.

Our “Year in Pictures” feature on the previous pages is a beautiful summary of the incredible impact we made in 2018. The year was filled with a variety of inspiring programs and activities, and we are proud to share that we touched over 5,000 individuals!

As we look forward to 2019, we hope you’ll continue to be part of our inspiring programs and events. We will launch our three-year Strategic Plan in January, with a vision that emphasizes our commitment to expanding our programs and support services, as well as the impact we make on the lives of local families. Our goal is to broaden the demographics of those we serve and enhance opportunities for individuals with autism and their families throughout Central Virginia.

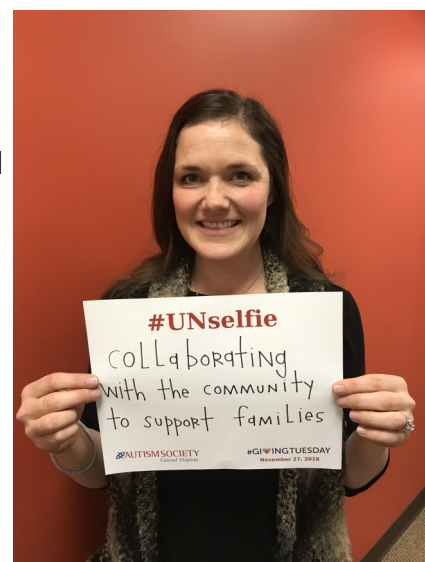
### **Please join us in welcoming our new Program & Outreach Director, Sarah Doyle!**

Sarah received a Master’s degree in Psychology from American University and a Doctorate in Developmental Psychology from Virginia Commonwealth University. She has extensive training in developmental disabilities, child and adolescent development, and program development and evaluation. Sarah has over 10 years of experience working with and advocating for individuals with autism and their families. Most recently, Sarah was the Associate Director of Developmental Education at UMFS-Charterhouse School where she was responsible for developing, implementing and overseeing programming for youth with neurological and developmental differences.

She is passionate about empowering and collaborating with families, educators and other professionals. Sarah is honored to join the ASCV and is grateful for the opportunity to continue her efforts to support and advocate for individuals and families impacted by autism. She has a caring, passionate, and professional demeanor. We are confident she will be a wonderful asset to our team and all the families we serve!

Warm Wishes for a Wonderful Holiday Season! We look forward to seeing you in 2019!

- Ann





## 2018 ASCV MEMBER HOLIDAY PARTY

*Special thanks to the Science Museum of VA, Santa, Bach to Rock and our ASCV volunteers for helping us with this wonderful event.*





# ASCV Spotlight

*The ASCV Spotlight features individuals, families, events and organizations that are supporting the Autism Society Central Virginia's mission of improving the lives of all affected by autism by maximizing the self-sufficiency, independence, and quality of life for all living with autism. This month's column features ASCV member, Eris Pursley. Special thanks to Eris and her family for contributing this article to the December 2018/January 2019 Newsletter.*



Our son was born a very healthy boy at the end of 2011. We were older parents, and worked in the mental health field, so we had a number of worries about how our child would be. We both have family backgrounds that include addiction, depression, and serious health concerns. Those concerns disappeared as we watched him grow. He began to sleep well around age 4 months, he was smiley and interactive around 6 months. He even began walking

Around age 1, we began to get a little concerned because while he could giggle and coo, he didn't really speak. When our son was 2, we knew that he was quite different. Every night in the bath he would take his set of foam letters and numbers and put up the

same 13 digit code, 329OODBIJ9Q45, he did this every night for months. We used to joke that this code would save the world some day. He was very energetic, and very prone to crying without quick resolution. We were lucky to be able to keep him at home during this time. We feared he wouldn't be able to communicate if anything ever happened to him at a child-care facility. We noticed at age 3, his speech was mostly unintelligible to others, and when it was clear, we realized he was only repeating phrases from television shows. His eating habits were concerning; preferring only applesauce, chicken nuggets, milk, broccoli, and french fries. He was underweight and we supplemented his diet. His pediatrician told us her concern about his speech, and we were referred to a developmental pediatrician when he was 3.5. We were also referred to speech therapy services. Finally, the same developmental pediatrician formally diagnosed with Autism at the age of 5.

Although we were not surprised, this diagnosis signaled the start of a journey into learning how to help our son, but also to appreciate and celebrate him for the wonderful person that he is. A hallmark of autism spectrum disorder (ASD) is obsessive focus on a subject matter. While this is often seen as negative, our son's focus on letters meant he was reading at age 3. Truly, he learned to sight read before he was toilet trained! The other tell tale signs of ASD, such as the limited ability for all social interaction, or communication, and misunderstanding of social rules, are ongoing challenges for our son.

*ASCV Spotlight continued on page 7*



However, we are lucky to have had resources to help him. We sought every intervention we could think to find. For the most part, we have supportive family and friends. However, being the parent of a child with autism can be very isolating. There are the moments when a meltdown occurs and we need to leave an event, or gathering. There are peculiarities that for others seem to demand explanation. There are times he cannot tolerate incoming stimuli, and we provide headphones and a tablet, and we typically get those looks from people who do not understand. We have been dismissed by even the most well-meaning people with words such as, “he’s a boy, he’ll change” or “he’s just an only child, he’ll change”. There are also the more outright judgment and cruel comments, “what’s wrong with him?”.

It is a peculiar position to be in, justifying and attempting to educate people about a diagnosis, when you yourself do not experience it. We frequently ask our son to discuss, with us, how he feels in different situations. We seek his input on what is most helpful. We listen to his suggestions, when he is able to make them. All of that said, we are so grateful to have found the Autism Society of Central Virginia (ASCV). When we needed help and guidance the most, we found it in the ASCV. Since becoming members almost 2 years ago, the ASCV has been vital in our journey. The events that they offer have been a lifeline to us in easing our isolation and in creating a community of parents and individuals who better understand our journey. Whether it is the monthly bowling event, lego club, the parent’s support group, or many of the other social and education events the ASCV hosts, you can find us there. The ASCV has been and continues to be a beacon to us and many other families. We hope to continue to grow in our relationships with other families, and to continue our association with the ASCV for many years to come.

- The Pursley Family

This December & January 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).

12/07		<b>Asperger's/HFA Teen Groups</b> ; ASCV members check your email for Eventbrite invitation
12/08	12:30pm	<b>Support Group for Parents of Children with ASD Ages 0-8</b> ; details & registration: <a href="https://parentsupgrpdec.eventbrite.com">https://parentsupgrpdec.eventbrite.com</a>
12/09		<b>Bowling outing for children/youth/adults with autism</b> ; free for ASCV members; check your email for Eventbrite invitation
12/11		<b>ASCV Board Meeting</b>
12/15	2pm	<b>Sensory Friendly Movie "Polar Express"</b> at the Byrd Theatre, Carytown
1/11		<b>ASCV Monthly Workshop, Overcoming Expectations: Strategies for Success</b> presented by Hallie Hovey-Murray; details & registration: <a href="https://jan2019wkshop.eventbrite.com">https://jan2019wkshop.eventbrite.com</a>
1/11		<b>Asperger's/HFA Teen Groups</b> ; ASCV members check your email for Eventbrite invitation
1/12	12:30pm	<b>Support Group for Parents of Children with ASD Ages 0-8</b>
1/13		<b>Bowling outing for children/youth/adults with autism</b> ; free for ASCV members; check your email for Eventbrite invitation
1/19		<b>ASCV Sibling Squad</b> ; see page 11 for details & registration info
1/26	10am	<b>Inclusive Lego &amp; Game Club – Downtown</b> ; details and registration: <a href="https://ascvlegoian2019.eventbrite.com">https://ascvlegoian2019.eventbrite.com</a>
1/28	7pm	<b>Adults with Asperger's/HFA Group</b>
1/28	7pm	<b>Parents of Adults with ASD Support Group</b>
2/01	7pm	<b>ASCV Monthly Workshop: ABC's of Behavior</b> presented by VJ Petillo

**AUTISM  
SOCIETY  
CENTRAL  
VIRGINIA**

**DEC/JAN  
CALENDAR**

## Connect with the ASCV Through Social Media





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## **JOIN US FOR OUR FIRST WORKSHOP OF 2019! OVERCOMING EXPECTATIONS: STRATEGIES FOR SUCCESS FEATURING SELF-ADVOCATE HALLIE HOVEY-MURRAY**

The ASCV is excited to announce that Hallie Hovey-Murray will be joining us as the speaker for our January workshop on Friday, January 11, 2019 at 7pm at River Road United Methodist Church, 8800 River Road in Richmond.

Hallie is a disability advocate, speaker and author of the self-published book "Overcoming Expectations" about her experiences as a young woman on the Autism Spectrum. She is currently a third-year law student at William and Mary School of Law and president of the One in 68 Foundation, a Richmond based 501(c)(3) which works to help provide college preparatory resources for high school students on the Autism Spectrum. At William and Mary, she was president of the Children's Advocacy Law Society and Leadership Fellow and a Member of the Alternative Dispute Resolution Team. She was Miss Historic Hanover 2018, and competed at the Miss Virginia 2018 Pageant where she won the Empowered Women Scholarship. She used her platform as Miss Historic Hanover to speak to groups across the Commonwealth about the importance of creating a more inclusive and accepting world for students on the autism spectrum.

At the January's workshop, Hallie will be sharing her personal story and highlighting parenting strategies that helped her succeed, techniques that were unsuccessful, and ways to best support individuals with autism at different stages of development with an emphasis on promoting independence. We hope you can join us for January's workshop. We are confident Hallie's presentation will leave you feeling inspired and energized as we kick-off the new year!

Registration is requested: <https://jan2019wkshop.eventbrite.com>



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## **#GIINGTUESDAY**

**Thank you to our  
2018 #GivingTuesday Supporters!**

**The ASCV is extremely grateful for the support  
we received on #GivingTuesday!**

**We are excited to share that over 100 donors  
came together to support the 1 in 59,  
and collectively we raised over \$7,000!**

**Thank you to everyone for your generosity  
and dedication to our local autism community!**

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## DECEMBER & JANUARY COMMUNITY OPPORTUNITIES

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

- 12/05      **Chesterfield SEAC Meeting** at 5:30pm; CTC@Hull, 13900 Hull Street Road, Midlothian, Room A256 ; for more information: <https://tinyurl.com/y7mb4l8z>
- 12/06      **Deej- Free Film Screening sponsored by Hanover SEAC& PRC**; 7pm at Hanover High School, 10307 Chamberlayne Rd., Mechanicsville; for more info, contact Kelly Jones, [hanoverprc@hcps.us](mailto:hanoverprc@hcps.us)
- 12/08      **Sensory Story Time at Varina Area Library**; for more information: <https://henricolibrary.org/storytime>
- 12/11      **Northstar Career Academy Vocational Rehabilitation and Special Needs Employment Professionals' Breakfast**; Drop in between 8am-1pm; for more information: [lqwaley@northstaracademy.net](mailto:lqwaley@northstaracademy.net)
- 12/11      **Richmond SEAC Meeting**; visit <https://www.rvaschools.net/Page/1277> for more information
- 12/26      **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
- 1/06      **Chuck E. Cheese's Sensory Sensitive Sunday** 9am-11am; 10430 Midlothian Turnpike, 23235; for more information contact 804-330-9865
- 1/07      **Sensory Story Time at Glen Allen Library**; for more information visit: <https://henricolibrary.org/storytime>
- 1/07      **Sky Zone Special Needs Sensory Friendly Night**, 5pm-6pm; for more information call 804-379-2500 or visit <http://www.skyzone.com/richmond>
- 1/07      **Hanover SEAC Meeting** at 7pm; Hanover School Board Office, 200 Berkley St.; for more information, call 804-365-4596
- 1/08      **Jumpology Special Needs Night**, 5pm-7pm; <http://www.jumpology.us/Pricing-Hours> for more information
- 1/08, 1/12      **Sensory Story Time at Varina Area Library**; for more information: <https://henricolibrary.org/storytime>
- 1/08      **Richmond SEAC Meeting**; visit <https://www.rvaschools.net/Page/1277> for more information

*Dec/Jan Community Calendar continued on page 11*

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*Dec/Jan Community Calendar continued*

- 1/19 **Richmond Symphony Sensory Friendly Performance, A Lemony Snicket Mystery** at 11am; for more information: <https://tinyurl.com/y8gwag45>
- 1/22 **Henrico SEAC Meeting**; 6:30pm; Brookland Middle School, 9200 Lydell Drive; for more information, call 804-652-3866
- 1/23 **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
- 

**Autism Society**  
**SIBLING**  
**SQUAD**  
**Central Virginia**

The ASCV has rescheduled our next Sibling Squad for Saturday, January 19, 2019. Sibling Squad is a great opportunity for brothers and sisters (ages 7 to 13) of children with any developmental disabilities to obtain peer support and education in a fun recreational environment. Siblings older than age 13 are encouraged to contact us and volunteer.

WHEN: Saturday, January 19, 2019; 10am-12pm. Please register by Monday, January 14, 2019.

WHERE: ASCV Office, 200 South 3rd Street; Richmond, 23219

HOW: Click [here](#) to register your child.

PAYMENT: There is a non-refundable fee of \$10 per session (\$5 for ASCV members).



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## **ASCV FEBRUARY WORKSHOP**

***The ABC's of Behavior***  
**with presenter, V.J. Petillo**

**Friday, February 1, 2019 at 7pm**

**River Road United Methodist Church**

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## CARRYING OUT THE ASCV MISSION

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

### Educational Programs

- Transition to Adulthood with ASD: What Parents and Guardians Need to Know Three Part Workshop Series

### Outreach, Programs and Supports

- ASCV Member Teen Groups
- Sensory Friendly Movie in collaboration with the Byrd Theatre
- Support Group for Parents of Young Children with ASD
- Adults with Asperger's/HFA Group
- Parents of Adults with ASD Support Group
- Inclusive Lego and Game Club
- Bowling outing for children, youth, and adults with ASD

### Awareness & Exhibits

- Annual ASCV Member Holiday Party

## WORKSHOPS & CONFERENCES

- |       |  |
|-------|--|
| 12/11 | <b>Speak Up for Children: Training for Virginia Advocates</b> ; Henrico Child Advocacy Center, 2006 Bremon Rd., Ste.102, Richmond: details & registration: <a href="https://tinyurl.com/yao5ym3q">https://tinyurl.com/yao5ym3q</a> |
| 12/11 | <b>Free VCU ACE Webinar: Enjoying the Journey: How One Mom Embraced Autism One Step at a Time</b> ; 3:30-4:30pm; details & registration: <a href="https://tinyurl.com/yb5obklv">https://tinyurl.com/yb5obklv</a>                   |
| 01/09 | <b>Direct Support Professionals Autism Competency Training</b> ; 2820 Waterford Lake Dr., Ste.102, Midlothian; details & registration: <a href="https://tinyurl.com/y8ztbxqv">https://tinyurl.com/y8ztbxqv</a>                     |
| 02/02 | <b>7th Annual Disability Education and Transition Conference</b> ; Hilton Richmond at Short Pump, 12042 W Broad St, Henrico; details & registration: <a href="https://tinyurl.com/yac6fuyh">https://tinyurl.com/yac6fuyh</a>       |



Holiday shopping? Be sure to choose the Autism Society Central VA when you shop at [smile.amazon.com/ch/46-1250829](https://smile.amazon.com/ch/46-1250829). Thank you!





## Thank You to the Following Donors

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

Patricia Lange  
Eric Schmude  
Mamie Mayo  
Carmine Fontana  
Lisa McAlexander  
Lisa Keene  
Kimberly Hughes  
Jeffrey Burchett

Justin Diggs  
Joseph Piwowarski  
Craig Radcliff  
William Walker  
Joseph Andrews  
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V. Carol Cho  
Denise Spencer  
Paul Warner  
William Janke  
Hand in Hand Fundraising  
Linda Oggel  
John Yasnowsky

Kathy Gard In Honor of Chauntey & Jason's Wedding

## THANK YOU TO OUR NOVEMBER VOLUNTEERS!

Bradford Hulcher  
Brie King  
Jordan Crawley  
Morgan Scudder  
Grant McDonald  
Isabel Cheng  
Jennifer Wells  
Lenise Robinson

Dakota Manis  
Josh DeBolt  
Elana Grant  
Jacob Grant  
Gabrielle Jonasant  
Leila Smith  
May Suri  
Phong Truong

Rebecca Cabezas  
Stephanie Zempolich  
Nuri Abdussalaam  
Jesse Anderson  
Kristin Davidson  
Julianne Eubanks  
Travis Faber  
Madison Nahrup  
Sheryl Jenkins

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

# ADVOCACY

## MARK YOUR CALENDAR!

- On Thursday, January 3, 2019, Public Hearings for Governor's Proposed Amendments to the State Budget for 2018-2020 will take place. Let Virginia State Delegates and State Senators hear from you about what is important to you and your family about how our state budgets for all of its public services and operations, such as Medicaid Waivers. Please plan to attend this hearing and make your voice heard! The hearing will take place at 12 noon at the Science Museum of Virginia, 2301 W. Leigh St., Richmond, VA 23220.
- The 2019 General Assembly Session will convene on Wednesday, January 9, 2019. The most powerful way to influence legislators is to tell your story – what is your life now and how could your life be different with access to appropriate services and supports such as Medicaid Waivers, employment supports, safe and inclusive schools, and/or intensive early intervention. One of the ways to do that is to join the ASCV at their Developmental Disabilities Advocacy Day in January. Please keep an eye on the ASCV weekly Eblast for the specific date and more information.



**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](mailto: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.**





## 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:

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