

ALTRUISM

Altruism (noun): Willingness to do things which benefit other people, even if it results in disadvantages for yourself.



Let's Fall Into The Holidays!

A Message from Angel Barnhill, Newsletter Editor



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The Autism Society, Tidewater Virginia has thus far had a productive year in providing our families and community with information and resources through community awareness events, workshops, family outings and presentations. As we transition from the Fall season to the Winter Holiday season, we would like to leave you with information, which we hope will be instrumental in assisting you through the holidays.

In this issue of "Altruism" we will provide you with information and tips on choosing appropriate daycares for individuals on the autism spectrum, including an interview from a director of a local daycare. We have also provided you with holiday tips, upcoming conferences and events, software updates and a fun kids corner.

As the prevalence of Autism Spectrum Disorder continues to increase, the number of families we serve continue to increase as well. Our organization recognizes the need for an expansion of services and support for those affected by Autism Spectrum Disorder. The Autism Society, Tidewater Virginia's Board of Directors are currently in the process of strategic planning for the 2011 year.

Next year will mark the Autism Society, Tidewater Virginia's 30th Anniversary! Keep your eyes and ears open for a year long celebration of our chapter's existence. As always, we would like to thank the Autism Community that we serve in providing us with ideas, feedback and support. We wish you and yours a safe and happy holiday season.

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THE DAYCARE DILEMMA

Daycare is one of many subjects discussed during phone calls we receive in our office, events in the community, and our monthly meetings. The problems and concerns parents have with daycare range from ignorance of the child's needs to high cost. Usually, appropriate daycare cannot be found; either the daycare is ill-equipped or unwilling to put forth the effort required by our special angels. Other times, the caregivers are willing, but too understaffed to give the attention needed. Daycare and other respite services are too few and far between. Many parents, grandparents, and caregivers struggle every day to find care, whether they need to work or need a few hours to tend to their own needs.

While we don't have the solution to this growing problem in our community, we do see the need and have some suggestions/questions you may want to ask a prospective care provider.

Suggested Questions to Ask Childcare Centers for your Child with Autism

Ratio: What is the ratio of staff to children?

Center logistics: What structural accommodations does this childcare facility have for my child? Are there predictable daily schedules and routines? Are these schedules posted where the children can see them?

Sensory Needs/Distractions: Is the environment designed to minimize distractions? Is your staff aware of the sensory issues that children with autism may face?

Staff Training: Has your staff undergone training for special skills to help them best care for children with autism? If so, what kind of training have they received and what ongoing continuing education will they receive (Note: There are always new developments being made in autism every day.)

Individual Needs: How much individual attention will my child receive? Do you measure a child's progress? If so, how is progress measured? Will my child's behavior be closely observed and recorded?

External services: Does your childcare facility help with a child's IEP goals, etc.? Does your childcare center offer external services such as speech, occupational, or physical therapy? If so, how often will these services be implemented and who are these services implemented by?

Behavioral Intervention: How does your childcare center address the need for behavioral intervention?

Note for Parent: Behavioral approaches have proven successful in remediating behavioral excesses (e.g., tantrums), as well as behavioral deficits (e.g., lack of self-help skills). Some may use redirection: when children with autism are engaging in inappropriate behavior, redirecting the child to another, more appropriate activity may be effective. Some use rewards as well: choose rewards that are meaningful to the child. The rewards must be individualized, and may require some creativity. For example, some children with autism become attached to specific objects, such as a familiar piece of clothing. Extra time with that object could be a reward.

Transportation: Does your facility provide transportation to and from home/schools?

Provisions/Cost: Do you provide before/after school services? What is your price range?



An Interview with Bethann Owner of Special Little People Childcare Center

Angel: Hi Bethann. Thank for agreeing to speak with us. So many of our families encounter issues when it comes to childcare centers. According to parents, there are childcare centers that state they are capable of dealing with children who have special needs. When a meltdown or behavioral episode takes place, they are unfamiliar with certain strategies to use to handle a child who may have autism. Most of the time, this leads to termination of childcare services.

Tell us why Special Little People is different from other daycares that offer childcare to individuals with special needs?

Bethann: First of all, not many places offer these services in the Tidewater area. We intend to integrate children with special needs that are learning disabled side by side with normal children, much like the school systems are. This will give normal children a better understanding of disabilities and the special needs children will have the opportunity to learn from them. We will also have advanced children, or “gifted”, that will benefit from our teachers that will help them with homework or with projects for school. This is what makes Special Little People Childcare (or SLP) unique.

We all live together in this community. We see each other at the ocean front, ball games, grocery stores, and school events. My personal hope is that in the future as our children grow up, become employed, and begin families themselves, SLP will make a lasting impression to help create a better community by knowing more about the people in the community.

Special Little People Childcare is a center in which children with and without learning disabilities will be welcome, safe, and cared for by experienced professionals. The owners are both business experienced professionals and parents.

Parents and guardians both need childcare in order to perform daily required activities such as working and maintaining employment. The current state of the economy ensures this future need as parents are working more; relatives and grandparents are working past retirement.

Special Little People Childcare provides a solution to the ongoing demand for quality childcare.

Angel: You mentioned that there is a personal inspiration behind you opening the childcare center. Would you be so kind to share that with us?

Bethann: My son has Fragile X and has been my inspiration and life teacher for seven years. Prior to my son being born, I was on a fast track career in Human Resources and had thoughts of starting a medical staffing business in Georgia. When my son was born, my career turned to remaining in the office and trading my experience and pay for shorter hours. My son was very ill most of the time, I expected some delays but could not have imagined any serious disabilities. This made work and finding childcare nearly impossible. With no family locally, I relied on private home daycare but it was getting tougher as years started to go by. After the company I worked for closed, it was time to job search and daycare search again, this time it was harder with the economy and my son’s diagnosis. I started having discussions with other parents of disabled and normal children, learning more about the difficulties everyone seemed to be facing with childcare. Even my private home daycare provider explained difficulties other parents had with daycare. It seemed we all had the same problem. John (my significant other) and I decided after many discussions, business planning, and meetings to start our own childcare center. We would have employees who could benefit all children. It would be a center that is a safe environment for learning and fun.

Continued on Page 4

Special Little People Childcare Interview Continued.....

Angel: What is the age range of children you accept at SLP?

Bethann: The age range is newborn to 12 years of age.

Angel: What is the ratio of staff to children?

Bethann: The ratio of staff is in compliance with the Virginia Department of Social Services of which we are licensed.

Angel: What structural accommodations does SLP have for children with disabilities? Are there predictable daily schedules and routines? Are these schedules posted where the children can see them?

Bethann: One of the first things you will notice in our building is that is open and airy feeling inside. Our floors are latex free interlocking mats distributed by the same company that serves clients such as Kangaroo Jacks. You will also notice that instead of push pins on our bulletins and schedule postings double sided tape is used.

Angel: I see these little cameras up on the ceiling everywhere in the building. What are they for?

Bethann: SLP has a security system that rivals most companies. In house 24 hour surveillance inside and outside the property. Parents also have the ability to view their child online in the classroom. Basically, once you drive up to or close to the property "smile you're on camera". Our playground which is made of washed and sifted sand also has 6 foot solid fencing and of course security cameras. There are also panic buttons and silent alarms throughout the building as well as portable alarms that employees can wear. Our location is also across from the Ocean Park EMS; it is a nice feeling to see it there.

Angel: How does your childcare center address the need for behavioral intervention?

Bethann: All discipline will be handled according to age and understanding level. For toddlers and infants, redirection will be implemented. For preschool and school age children, time outs will be given after two verbal warnings and redirection.

We strive to focus energy in positive ways. However, should a child exhibit aggressive behavior or behavior that SLP deems uncontrollable or excessive, parents will be contacted by Special Little People Childcare, LLC and asked to pick up their child immediately.

Angel: Do you have any transportation accommodations?

Bethann: At this time, we do not have transportation accommodations. However, there are future plans for transportation to be available.

Angel: Bethann, I really would like to thank you for taking the time out for showing us around your center. Is there anything else you would like to share with the families about the center before we close?

Bethann: We believe that SLP is the right solution for parents in need of quality childcare.

For more information on Special Little People Childcare Center please visit www.slpchildcare.com or call 757-390-4405.



Five Tips for Helping People with Autism and Their Families Have a Happy Holiday

From the Autism Society Website: www.autism-society.org

While many anticipate the coming holiday season, families of people on the autism spectrum also understand the special challenges that may occur when schedules are disrupted and routines are broken. Our hope is that by following these few helpful tips, families may lessen the stress of the holiday season and make it a more enjoyable experience for everyone involved. The following tips were developed with input from the Autism Society, the Indiana Resource Center for Autism, Easter Seals Crossroads, the Sonya Ansari Center for Autism at Logan and the Indiana Autism Leadership Network..

- 1. Preparation is crucial for many individuals.** At the same time, it is important to determine how much preparation a specific person may need. For example, if your son or daughter has a tendency to become anxious when anticipating an event that is to occur in the future, you may want to adjust how many days in advance you prepare him or her. Preparation can occur in various ways by using a calendar and marking the dates of various holiday events, or by creating a social story that highlights what will happen at a given event.
- 2. Decorations around the house may be disruptive for some.** It may be helpful to revisit pictures from previous holidays that show decorations in the house. If such a photo book does not exist, use this holiday season to create one. For some it may also be helpful to take them shopping with you for holiday decorations so that they are engaged in the process. Or involve them in the process of decorating the house. And once holiday decorations have been put up, you may need to create rules about those that can and cannot be touched. Be direct, specific and consistent.
- 3. If a person with autism has difficulty with change, you may want to gradually decorate the house.** For example, on the first day, put up the Christmas tree, then on the next day, decorate the tree and so on. And again, engage them as much as possible in this process. It may be helpful to develop a visual schedule or calendar that shows what will be done on each day.
- 4. If a person with autism begins to obsess about a particular gift or item they want, it may be helpful to be specific and direct about the number of times they can mention the gift.** One suggestion is to give them five chips. They are allowed to exchange one chip for five minutes of talking about the desired gift. Also, if you have no intention of purchasing a specific item, it serves no purpose to tell them that maybe they will get the gift. This will only lead to problems in the future. Always choose to be direct and specific about your intentions.
- 5. Teach them how to leave a situation and/or how to access support when an event becomes overwhelming.** For example, if you are having visitors, have a space set aside for the child as his/her safe/calm space. The individual should be taught ahead of time that they should go to their space when feeling overwhelmed. This self-management tool will serve the individual into adulthood. For those who are not at that level of self-management, develop a signal or cue for them to show when they are getting anxious, and prompt them to use the space. For individuals with more significant challenges, practice using this space in a calm manner at various times prior to your guests' arrival. Take them into the room and engage them in calming activities (e.g., play soft music, rub his/her back, turn down the lights, etc.). Then when you notice the individual becoming anxious, calmly remove him/her from the anxiety-provoking setting immediately and take him/her into the calming environment.

*For all 12 tips offered by the National Autism Society, please visit
http://www.autism-society.org/site/PageServer?pagename=holiday_tips*

Autism Society National and Local Unified Membership

Are you a member of the Autism Society? When visiting our national Autism Society Website, please stop by to become a member. When you join the Autism Society, you are a member of the national Autism Society as well as our local chapter. The benefits include 4 issues of the Autism Advocate (\$55 value), the journal published by our national organization, our local newsletter, the privilege to vote in local and national elections of officers, and much, much more!

You also help families right here in the Tidewater Area with your membership donation. Beginning in January 2010, membership dues and renewals will be split between the national Autism society (40%) and our local chapter (60%), something that has not taken place before!

To become a member please visit www.autism-society.org and join today!

**Are you a new parent?
Are you feeling overwhelmed?
Don't know where to start or what's available?
Call the Autism Society!**



Now offering Autism 101

Our friendly staff/volunteers will sit down with you one-on-one, answer questions, provide information, and help you find the resources you need.

Call our office at (757) 461-4474 to schedule an appointment today!

**Does your group/organization need more
information about autism?**



We are available, by appointment, to conduct presentations!

Please contact us by phone at (757) 461-4474 or email us at tasa@tidewaterasa.org

Do you have something you would like to share?

We accept for consideration any comments, information, or announcements for publication in our chapter newsletter. You may send your contributions to the chapter at our office address or email contributions to tidewaterasa@verizon.net.

Interested in becoming a Board Member?

The Autism Society, Tidewater Virginia Board of Directors is currently seeking new board members. As a board member you will attend monthly board meeting and serve a committee member (i.e. fundraiser, newsletter, resource center, etc.) If you are interested in becoming a board member please contact our office at 757-461-4474 or email us at tide-waterasa@verizon.net.

Less time to devote? We are always looking for committee volunteers for various projects. Use your specific skills on projects including fundraising, clerical work, and social events.

Conferences/Workshops/Events



Family-to-Family Workshop: Writing Social Stories

November 17, 2010
1:00 p.m.—4:30 p.m.

RSVPs are Required

For more information, please visit www.meetup.com/tidewater-autism/ or call 757-461-4474

Eastern Virginia Medical School & Autism Society presents What Happens to Children with ASD as They Grow Up? Emotional Needs

November 18, 2010
6:00 p.m.—7:30 p.m.

Participants must RSVP by November 12, 2010. For more information, please visit www.meetup.com/tidewater-autism/ or call 757-461-4474

Endeppence Center presents Understanding Medicaid Waivers Workshop 1

December 1, 2010
10:00 a.m.—12:30 p.m.
Suffolk Dept of Social Services
135 Hall Ave, Suffolk, VA 23434

Workshop 1 is designed for those who want to apply for Virginia Medicaid Waiver Services.

For more information and to register, please call (757) 351-1586 or email Tammy Manno at tmano@endeppence.org

Endeppence Center presents Understanding Medicaid Waivers Workshop 2

December 8, 2010
10:00 a.m.—1:00 p.m.
Suffolk Dept of Social Services
135 Hall Ave, Suffolk, VA 23434

Workshop 2 is designed for those currently receiving Virginia Medicaid Waiver Services.

For more information and to register, please call (757) 351-1586 or email Tammy Manno at tmano@endeppence.org



Want to see more local events as they happen? Tired of being the last to know? Join our online Meetup Group!

When you join our online Meetup group, you get information about the autism community weekly. Two of the benefits you receive when joining are:

Receiving newsletters via email before they hit the stands

The ability to RSVP for specific events at the click of a button.

Membership is free!
Visit www.meetup.com/tidewater-autism
for more details and to register!

Holiday Wish List Ideas for Children with ASD

Here's the season for holiday lights, joyful songs, and of course Santa! Children make their wish list for Santa filled with cool toys and gadgets. Children on the Autism Spectrum often have hard times expressing their wants, but it is possible for children with ASD to share the same joy of making a list. Parents and teachers can come up with crafty ideas that will assist children with ASD to join in on the fun! Social stories and visuals can be used to help Santa. Please find below a sample of a letter to Santa from a kid on the Autism Spectrum.

Dear  my name is _____. I have been very good boy/girl and I would like some

new  for . I love  they make me feel . I also like .

I want the  .

Ideas: For a really fun experience help your child fold the letter and put it in an envelope addressed to Santa at the North Pole. Make a trip to the post office or hand the letter to the mail man.

Holiday Helpers

Targets annual Holiday Helpers event is coming up! It's an occasion created just for seniors and guests with disabilities.

When:

Tuesday December 7, 2010
8:00 a.m. - 10:00 a.m.

Location

260 S. Independence Blvd
Virginia Beach, VA 23453

To RSVP and for more information please contact Donna Rhodes at
Target 757-416-1719

Autism Awareness Merchandise for Holiday Gifts



Looking for Autism Awareness products to purchase for teachers, family members, or friends?

The Autism Society, Tidewater Virginia has an array of autism awareness products to include car magnets, key chains, jewelry, etc.

Come on by during our Resource Center Hours to purchase your gifts today!

Proceeds from our sales stay right here in the local Autism Community!



Virginia Beach Police Project Lifesaver 2011 Calendars Now on Sale!

Individuals diagnosed with Autism Spectrum Disorders from the Local Tidewater Area show off their talent for a cause through this Artistic Calendar.

This calendar can now be purchased in the Autism Society, Tidewater Virginia Resource Center for just \$10! Proceeds from this calendar will benefit the Virginia Beach Police Project Lifesaver Program, a program providing a proactive electronic tracking device used to assist in locating people with Alzheimer's disease and related disorders or children with Down's Syndrome or Autism Spectrum Disorder that wander from home and become lost.

For more information about Virginia Beach Police Project Lifesaver visit
<http://virginiabeachprojectlifesaver.wordpress.com>



**Autism Society,
Tidewater Virginia
Holiday Shopping Raffle**



***Need Extra Cash for those holiday gifts?
Here's your chance to win a \$1000 Visa Gift Card!
Raffle Tickets \$20***

***Purchase your raffle tickets today!
Winner will be drawn on December 18, 2010
Winner does not need to be present.***

***Purchase them from one of our representatives, by
calling 757-461-4474 or you may purchase them
online by clicking on the donation link at
www.tidewaterasa.org.***

***In the comments section for online donations
please type in
“RAFFLE TICKETS”***

***All Proceeds will benefit the
Autism Society, Tidewater Virginia Chapter***



Autism Society, Tidewater Virginia
and
Families of Autistic Children of Tidewater (F.A.C.T)



Cordially Invites You to Attend
A Holiday Celebration

Saturday December 18, 2010
12:00 noon – 3:00 p.m.

929 First Colonial Road, Virginia Beach
(Behind the Hilltop Community Church. Turn left at the light on Southall Drive)

Children under 18 must be accompanied by an adult
No RSVP needed

Games * Face Painting * Tattoos * Inflatables * Photos w/Santa and more....

Concessions will be available. PLEASE bring a donation of non-perishable food for the homeless.



From left to right: Double Tree Hotel Staff Mark Hoshak and James Caralivanos, Autism Society's Angel Barnhill, and dedicated parents Sonya and Harron Huie.

Double Tree Hotel Virginia Beach Donates to the Autism Society, Tidewater Virginia

For the past two years in the month of October the Autism Society Tidewater, Virginia hosted Project Autism Community Training with Guest Speaker Dr. Vincent Carbone and associates at the Double Tree Hotel Virginia Beach. In addition to utilizes the hotel for the Workshop, the Autism Summit, one of the area's largest Autism gatherings, hosted by the Virginia Autism Project was has been held at the Double Tree Hotel as well.

Through the autism community's exposure to the staff at the Double Tree Hotel Virginia Beach, the staff developed a love and respect for the families we serve and this year they had a big surprise in store for us!

Throughout the Vincent Carbone Workshop and the Autism Summit you could see the staff wearing their autism awareness ribbons greeting all with a smile. On Friday, October 29, 2010 the Double Tree Hotel Virginia Beach presented the Autism Society, Tidewater Virginia with a \$715 donation. Their staff raised funds by doing bake sales and a carwash!

We would like to graciously thank Double Tree Hotel Virginia Beach for contributing to those affected by Autism!

LOCAL SUPPORT GROUPS

Listed below are several groups in the Hampton Roads area that provide support to parents/individuals with special needs.



Peninsula Autism Society is a local chapter of the Autism Society. Their goal is provide information to individuals with autism, their families, friends, educators and professionals in the Virginia Peninsula area. For more information about the chapter please visit <http://www.peninsulaautism.org/>

Parents of Children with Special Needs Support Group CHKD Care Connections for Children is facilitated by JoAnna Bryant, Parent Coordinator. This group meets monthly to discuss concerns and share information. For more information on upcoming meetings and to RSVP please call JoAnna Bryant at 461-4474.

Friday Night Friends/Families of Autistic Children of Tidewater (F.A.C.T.) Teens with high functioning ASD group meets monthly. Contact FACT Director Pam Clendenen for more information at 757-422-2040 Or email pam4fact@peoplepc.com

Autism Fellowship is a support group that promotes social programs, education, and health for those with autism. Autism Fellowship also charters a Cub Scott Pack geared for boys on the autistic spectrum. For more information please visit www.autismfellowship.com/ or <http://www.meetup.com/shrautism/>

Talk About Curing Autism (TACA) provides information, resources, and support to families affected by autism. TACA holds monthly meetings throughout the United States. For more information about the Virginia location please visit <http://meetup.talkaboutcuringautism.org/virginia/>

The Faith Inclusion Network (FIN) of South Hampton Roads is a non-profit, grass roots organization dedicated to helping faith communities develop inclusive ministries for people with disabilities and helping families affected by disability to find welcoming and accessible places to worship. For more information, please visit www.faithinclusionnetwork.org/home.html

The Global and Regional Asperger Syndrome Partnership (GRASP) Meet with other adults affected by Aspergers Syndrome for support and discussions. Anyone on the spectrum is invited. For more information please email Cathy Collins at ccollins@verizon.net or visit http://www.grasp.org/res_sg_VB.htm

Tidewater Asperger Support TEAM is a TEAM of parents with children (ages 3-20) that all have different needs and are eager to share with other parents the challenges that are face everyday. For more information please visit <http://www.meetup.com/Tidewater-Aspergers-TEAM/>

Do you have a support group you would like to share with us? If so, email us at tidewaterasa@verizon.net

This Spot Could Be Yours! Would you like to place an ad in “Altruism”?

The Tidewater Autism Society now welcomes advertising in our bi-monthly newsletter to help with the cost of mailing!

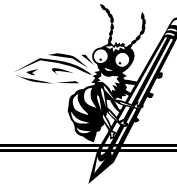
Advertising Rates are:

- \$15 1/8 Page
- \$25 1/4 Pages
- \$50.00 1/2
- \$100 Full Page

Call Angel Barnhill at 757-461-4474 or email tidewaterasa@verizon.net for more information.

Note: All advertisements in this newsletter are paid advertisement by that of the company or individual advertising. Autism Society does not endorse or promote any treatment, program, or individual.

What's the Buzz?



Resource Center Library: Now Available !!

Animals in Translation by Temple Grandin and Catherine Johnson (Audio CDs)
Not My Boy! By Rodney Peete (Book and Audio CD)
The Horse Boy by Rupert Isaacson (Audio CDs)
Louder Than Words by Jenny McCarthy (Audio CDs)
The Curious Incident of the Dog in the Night-time by Mark Haddon (Audio CDs)
Different Like Me by Jennifer Elder
My Brother Charlie by Holly Robinson Peete and Ryan Elizabeth Peete
Cutting Edge Therapies for Autism 2010-2011 by Ken Siri and Tony Lyons
Everybody is Different by Fiona Bleach
Understanding Applied Behavior Analysis by Albert J. Kearney
Callous Disregard by Andrew J. Wakefield
Engaging Autism by Stanley I. Greenspan, M.D. and Serena Wieder, Ph.D.
House Rules by Jodie Picoult
Comic Strip Conversations by Carol Gray
Why Does Chris Do That? By Tony Attwood
The Autism Answer Book: More Than 300 of the Top Questions Parents Ask by William Stillman
What It Is To Be Me!: An Asperger Kid Book By Angela Wine
Understanding Sam and Asperger Syndrome by Clarabelle van Niekirk & Liezl Venter, MA CCC-SLP
Teaching Children with Autism by Robert L. Koegel & Lynn Kern Koegel
Act Early Against Autism: Give Your Child a Fighting Chance from the Start by Jayne Lytel
Teaching Children with Autism and Related Spectrum Disorders: An Art and a Science by Christy Magnusen

I Click, I Talk

Software Now Available in Autism Society, Resource Center

I Click --> I Talk is:

FLEXIBLE because you can insert different types of pictures such as photographs, logos, complex drawings, or even written words. You can also add your voice, even in your own language.

AFFORDABLE because with only \$19.99 you can start using an effective augmentative communication software.

EASY TO USE because we asked many teachers and parents about their needs and their preferences before developing it.

I Click --> I Talk aims to *make a difference* in the world by giving everybody the opportunity to talk.
I Click --> I Talk is perfect for all ages, all communication disabilities and all languages.

This is a software application that runs on Windows XP and Vista. You can install it on your laptop and/or desktop. For those who need more portability, I Click --> I Talk can be installed on portable and tablet devices. The software has been installed on one of the computers in the Autism Society, Tidewater Virginia's Resource Center for parents to view.

One of the key creators of this software, Dr. Gianluca De Leo, an Assistant Professor at Old Dominion University visited the Resource Center to give a demonstration of how this software works. He will be providing more details about this software at our February 2011 general meeting.

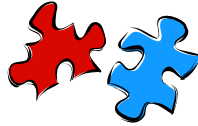
For more information on this software please visit www.iclickitalk.com or send an email to info@iclickitalk.com.



November/December Calendar of Events



- Nov 17th** **Family-to-Family: Writing Social Stories:** 1:00 p.m.—4:30 p.m. at the Autism Society office. Participants must RSVP. For more information, please call the office at 757-461-4474.
- Nov 18th** **What Happens to Children with ASD as They Grow Up?: Emotional Needs**
Eastern Virginia Medical School (EVMS) presents this informational workshop at the Autism Society office. Participants must RSVP. For more information, please call the office at 757-461-4474.
- Nov 20th** **Sensory Friendly Film: showing Harry Potter and the Deathly Hallows-Part 1:**
10:00 a.m. at AMC Lynnhaven 18, 1001 Lynnhaven Mall Loop, Virginia Beach, VA 23452. AMC Theatres & the Autism Society will host this unique experience. Please check the theatre for ticket prices.
- Nov 20th** **SibArt:** Calling all young Picasso's. Come and join us at SibArt! SibArt was developed to meet the needs of children with Autism and their siblings. 10:00 a.m. to 12:00 p.m. at the Autism Society office. Participants must RSVP. For more information, please call the office at 757-461-4474.
- Nov 24th** **Resource Center Closed at 12noon-**In Observance of Thanksgiving Holiday
- Nov 25-26th** **Resource Center Closed -**In Observance of Thanksgiving Holiday
- Nov 30th** **General Meeting: How to Handle Holiday Stress:** 7:00 p.m.—9:00 p.m. at the Autism Society's location. Free Childcare is available upon request by calling 757-461-4474.
- Dec 2nd** **Coffee and Chat:** 6:00 p.m. at Panera Bread 300 Constitution Drive, Virginia Beach, VA 23462. Come meet new friends, share ideas, get support and encouragement, find out about resources and more! For more information, please call the office at 757-461-4474
- Dec 11th** **Sensory Friendly Film: showing Chronicles of Narnia: The Voyage of the Dawn Treader:**
10:00 a.m. at AMC Lynnhaven 18, 1001 Lynnhaven Mall Loop, Virginia Beach, VA 23452. AMC Theatres & the Autism Society will host this unique experience. Please check the theatre for ticket prices.
- Dec 18th** **Holiday Party:** 12:00 noon to 3:00 p.m. at FACT, 929 First Colonial Road, Virginia Beach, VA 23454. Games, face-painting, tattoos, inflatables, and of course pictures with Santa! No RSVP required. All families and individuals affected by autism are welcome. Children under 18 must be accompanied by an adult. Concessions will be available. PLEASE bring a donation of non-perishable food for the homeless.
- Dec 24th** **Resource Center Closed:** In Observance of Christmas Holiday



Looking for a Job that's Rewarding?
**CHILDCARE ATTENDANTS/RESPIRE CARE NEEDED
FOR INDIVIDUALS WITH AUTISM**
Referral Database

The Autism Society, Tidewater Virginia Chapter is asking for your help! One of the most requested services by families of individuals with autism is Childcare/Respite Care. Families are in need of individuals who are understanding, flexible, and compassionate about working with their children.

Autism is a complex developmental disability that typically appears during the first three years of life and affects a person's ability to communicate and interact with others. Autism is defined by a certain set of behaviors and is a "spectrum disorder" that affects individuals differently and to varying degrees. There is no known single cause for autism, but increased awareness and funding can help families today.

Because of the additional care required by a child with autism, families identify childcare/respite care as a basic need, with the need increasing as the child gets older. Respite care for families who have a child with autism helps maintain family stability and may provide further opportunities for the child.

Here's what you can do to help! The Autism Society, Tidewater Virginia is compiling a database of individuals who are interested in providing care to families affected by Autism. Your information including your name, contact phone and email, and your availability will be entered into our database. When a family contacts the Autism Society, Tidewater Virginia looking to hire someone, we will then forward the compiled list to the Family.

If you or someone you know is interested in being added to our referral database, please contact us by calling 757-461-4474 or email us at tidewaterasa@verizon.net

Disclaimer: The Autism Society, Tidewater Virginia acts as a referral database ONLY. We do not endorse any individual listed in the referral database. It is the employer's responsibility to do background checks, references, etc.



***Autism Society, Tidewater Virginia
Received Outstanding Agency Award
by the Endependence Center***

On November 5, 2010 the Endependence Center Recognized the Autism Society, Tidewater Virginia as the Outstanding Agency of the 2010 Year at their Annual Recognition Program.

Thank you Endependence Center for such a honor and as always thanks for supporting individuals with disabilities!

SignWithMe
"Let Your Hands Tell Your Message"

Diann Shorter
Advanced Sign Language Instructor
(757) 969-9876

www.signwithmeva.blogspot.com

COMPLETE STORE IN HOME
www.signingtimeacademy.com/diann

Classes/Workshops/Events

 WE ARE ON FACEBOOK 



Judy Lambert, M.Ed.
Coach, Consultant & Tutor

For families & individuals with
Autism-related needs

Services include individual therapy in family setting, consultation within school settings, and social skills groups in community settings.

For more information on available services and upcoming social skills classes, visit:

www.autismtutor.com

or contact Judy Lambert

Phone: **757-619-0860** Email:
judy@autismtutor.com



My Joy Fillers

When I found out that both my boys were on the spectrum, the Autism Society and TACA were

unbelievably giving of their time, friendship, and knowledge. These groups have helped my family in every way. Therefore, I am committed to donating a portion of my real estate commission for each transaction to these groups. A million and one thanks to you all.

Suzi Noyes, REALTOR
757-724-1064; www.724-1064.com



Small or Large Base Bag, Magnetic Shells.
Brilliant concept, practical usage.

100% of my profit is donated to Hampton Roads families with autism.

I'm trying to raise \$2500 for each of two families who's insurance does not cover therapy for their children and who have been denied other assistance.

Visit by website: http://my.michebag.com/joy_spencer, call me at 757-749-2160, or email at joyspencer@cox.net

Kids Corner

AUTUMN WORD SCRAMBLE

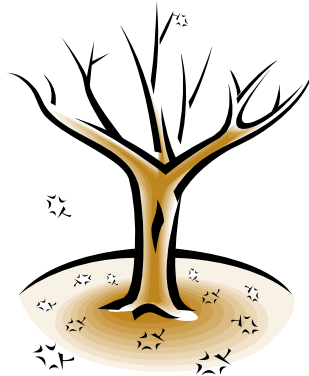
Hi Kids! The Autumn Season is here and the colorful leaves are beginning to fall off the trees to make way for winter. Help us collect the fall leaves by unscrambling the words. Good luck!



AKER



COARN



RETE

Word List

Tree
Brown
Orange
Rake
Leaf
Acorn



ROWNB



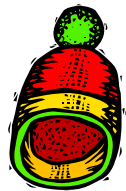
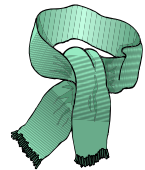
EGNARO

FLEA



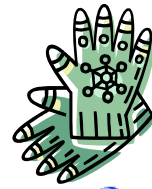
WINTER WORD MATCH

Match the 6 Winter words to their pictures by drawing a line from the picture to the word.



Word List

Sled
Scarf
Hat
Snowflake
Gloves
Snowman





6300 East Virginia Beach Blvd
Norfolk, VA 23502
Phone 757-461-4474
www.tidewaterasa.org

CHANGE SERVICE REQUESTED

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AUTISM SOCIETY —MEMBERSHIP APPLICATION
Detach & Mail Directly to: 4340 East-West Highway, Suite 350, Bethesda, MD 20814

APPLICATION FOR MEMBERSHIP

Renewal New

Membership Categories: Household-\$25 Champion-\$75

Professional -\$150 Life-\$1,500

An annual subscription to the ADVOCATE is also included.

Name: _____

Address: _____

City: _____ State _____ Zip _____

Phone: (H) _____ (W) _____

E-mail _____

Please return this form to the above address with your check or money order payable to Autism Society.