

ALTRUISM

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

30TH ANNIVERSARY

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Celebrating Three Decades of Improving the Lives of All Affected by Autism in Tidewater, Virginia

The year was 1981. Ronald Regan began his presidency of the United States of America and the Royal Wedding of Lady Diana Spencer and Charles, Prince of Wales was World News.

In technology, IBM released its first personal computer and Microsoft entered the Operating Systems business. In TV and Movies, MTV (Music Television) was first introduced, Luke and Laura from the day time Soap Opera General Hospital were married, and the Indiana Jones movie, "Raiders of the Lost Ark" ranked number one in the movie box offices. In the world of science and health the FDA (Food and Drug Administration) approved the use of artificial sweetener aspartame (NutraSweet), and the AIDS (Acquired Immune Deficiency Syndrome) was identified in the United States.

There were many new breakthroughs in the 1981 however, Autism Spectrum Disorders was still a mystery. Lee Kanner, a well known researcher in the Autism Community who was known for publishing the first paper in the United States identifying children with autism, had passed away in April of 1981. A year before Lee Kanner passed, Hans Aspergers, the Psychiatrist and Researcher who identified Aspergers Syndrome, passed as well. Both of the researchers works had not yet become widely recognized and the set of behaviors identified by both were still unclear.

Something that was clear was that parents of these individuals diagnosed with the mysterious disorder were adamant about making others aware of their children. They wanted answers to there many questions, support and acceptance.

In 1981 a group of parents established a local chapter of the Autism Society of America in the Tidewater Region of Virginia.

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Five Important Factors in Special Needs Planning

Special needs planning encompasses the necessity to provide for two generations, considering the parents' and entire family's financial security as well as the continued lifetime needs of the family member with a disability. Comprehensive special needs planning allows families to maximize their own personal resources while protecting the child's eligibility for receiving government benefits. One of the major obstacles that can prevent families from planning is that they are frequently consumed by daily crises. The thought of planning ahead can simply be overwhelming.

The following five factors should be considered while conducting special needs planning at each stage of your child's life.

Family and support factors - Every family situation is unique. Understanding the personal characteristics of your family and support network will make a difference in how you approach the planning process.

Emotional factors - Reluctance to plan is sometimes the result of not being able to set aside emotions. By not setting aside our emotions and failing to plan, we miss opportunities to see our children achieve full lives and find connections with their community.

Financial factors - Throughout our lives we associate the value of money with our life experiences, such as paying for our own college education, purchasing a car, buying a house, and saving for our children's college and our ultimate retirement - all in addition to the daily expenses of our desired lifestyle.

Legal factors - The legal rights and public awareness of individuals with disabilities have increased over the years. It is important to know your rights as well as the rights of your family member with disabilities. Understanding and using the law will enable the individual with disabilities to achieve their maximum potential.

Government Benefit factors - There are two distinct planning strategies regarding government benefits. One strategy is to protect eligibility for government entitlement programs. The other strategy is to advocate for increasing funding for programs that your family member may be eligible for.

It is important to develop an understanding of each of these factors because they do have a significant impact on how a family proceeds in their planning strategies. Both controllable and uncontrollable factors exist that will influence success in the planning process. Families need to define that influencing factors and determine which they have the ability to change - and those that they do not.

*All information are excerpts from *The Special Needs Planning Guide: How to Prepare for Every Stage of Your Child's Life* by John W. Nadworny and Cynthia R. Haddad*

This book and others can be found in our Library, located in our Resource Center. For questions and comments, please email us at tidewaterasa@verizon.net or call 757-461-4474

For more information, please attend our next General Meeting, discussing Special Needs Financial Planning and Tax Preparation. Our meetings are held at the Independence Center, 6300 E Virginia Beach Blvd in Norfolk, the last Tuesday of every month from 7:00 p.m. to 9:00 p.m. Childcare is available by calling 757-461-4474 at least 3 business days in advance.

2011 Membership Drive
Join Today!

Message from Kris Oehlberg, Membership Coordinator

Join with thousands of individuals with autism, their families and other caring individuals; become a part of a larger community-the Autism Society. Together we are a resource for the entire autism community. 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!

A membership in the Autism Society provides benefits at both the local level with the Autism Society, Tidewater Virginia and at the national level as part of our nationwide organization. Benefits include:

- Free Giveaways & Raffles for Members throughout the year from your local chapter Autism Society, Tidewater Virginia (i.e., Movie Tickets, Dinner tickets, t-shirts, etc.) *
- Access to our monthly newsletter "Altruism"
- Access to our Lending Library
- Access to our online meetup group which sends out information weekly related to events and the community
- The National Autism Society's quarterly magazine, the Autism Advocate
- 10% off the Autism Society, Tidewater Virginia's Autism Awareness Merchandise

To become a member please visit www.autism-society.org or send in the membership form on the back of this newsletter with payment to the address listed on the form!

Thanks for your support!

Kris Oehlberg
Membership Coordinator
Autism Society, Tidewater Virginia

**Giveaways/Raffles available upon the discretion of the chapter*

**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



<p style="text-align: center;">Insights into Autism (For Professionals) presented by Eastern Virginia Medical School & Children's Hospital of the King's Daughters</p> <p style="text-align: center;">February 11, 2011 8:00 a.m.—5:00 p.m. Virginia Beach Resort Hotel & Conference Center</p> <p style="text-align: center;">For more information and to register, please visit www.evms.edu/continuing-medical-education/evms-cme-confernece-insights-autism.html</p>	<p style="text-align: center;">Planning for Your Child's Future Sponsored by The Arc of South Hampton Roads</p> <p style="text-align: center;">Saturday, February 19th 9:00 a.m. –12:00 p.m. 6300 E. Virginia Beach Blvd Norfolk, VA 23502</p> <p style="text-align: center;">Free Workshop and Open to the Public</p> <p style="text-align: center;">For more information about this workshop please visit www.thearcofshr.org</p>
<p style="text-align: center;">10th Annual Commonwealth Autism Service Conference</p> <p style="text-align: center;">March 8-9, 2011 Registration begins in January 2011</p> <p style="text-align: center;">Hilton Richmond Hotel & Spa at Short Pump 12042 West Broad Street Richmond, VA 23233</p> <p style="text-align: center;">For more information and to register, please visit www.autismva.org/node/292</p>	<p style="text-align: center;">Wrightslaw Special Education Law and Advocacy Conference with Pete Wright, Esq.</p> <p style="text-align: center;">March 31, 2011 Quality Inn Suites Lake Wright, 6280 Northampton Blvd, Norfolk, VA 23502</p> <p style="text-align: center;">Sponsored by the Down Syndrome Association of Hampton Roads</p> <p style="text-align: center;">For more information and to register, please contact Brook Markley at (757) 466-3696 or DSAHR@verizon.net To register online: www.wrightslaw.com/</p>

Medicaid Waiver Webinars in Jan-Feb.

Schedule tight? Then consider viewing a webinar on Medicaid Waivers instead of attending a workshop. You'll need a computer with internet access to join a webinar. Attendees should register individually one hour prior to attending the webinar; each session is approx. 45 minutes.

For more information, questions, or to register, please contact Melissa Amazeen at mamazeen@endependence.org or (757) 351-1588.

Dates and target audiences are:

People with a disability, advocates, family members (eligibility):

January 13 7:00 pm
January 21 11:00 am
January 22 10:00 am
February 15 11:00 am
February 19 10:00 am
February 24 7:00 pm

Part C/Early Intervention Staff

January 28 10:00 am
February 24 2:00 pm

Health Care Providers and Staff

January 18 6:00 pm
January 21 12:00 pm
February 24 4:00 pm

School Staff

January 18 7:00 pm
January 26 3:00 pm
February 28 10:00 am

MFP and EDCD Waiver Staff

January 21 4:00 pm
February 24 9:00 am

People with a disability, other advocates and family members (Services)

January 13 11:00 am
January 21 7:00 pm
February 15 7:00 pm
February 24 11:00 am

A Medicaid Waiver workshop will be held on January 11, 2010 at the Parent Resource Center, 1413 Laskin Road, Virginia Beach, VA from 9:30 am–12:00 pm and 12:30 pm–3:00 pm. To register, contact Melissa Amazeen at mamazeen@endependence.org or (757) 351-1588.

Celebrating Three Decades of Improving the Lives of All Affected by Autism in Tidewater, Virginia A Trip Down Autism Lane

(Cover Story Continued)



These parents, with assistance from educators began their journey into exploring autism, a disability that was still so new to the nation. The meetings were held at the St. Mary's Catholic Church in downtown Norfolk (location of the South Eastern Cooperative Education Program at the time). "Some of the old files from the chapter were destroyed because at that time our files were stored in bathtubs in the church. The meetings consisted between six to eight parents and we all talked about autism" said Barbara Dixon, parent of Thad Dixon.

Barbara Dixon can remember attending the Autism Society meetings in the late 1980's. Her son Thad was diagnosed with Autism in 1985 and he had very limited vocabulary. The only supports that existed at the time for me was information from the schools and the SECEP program." said Barbara. The Autism Society was a place where parents like Barbara could get together to discuss things that they learned about autism and also to discuss their similar challenges that they faced on a daily basis. When asked how the Autism Society helped her, Barbara had memories of being able to attend her first National Autism Society of America Conference in New Orleans. "It was a wonderful experience and I was able to bring back information that I had learned."

Barbara Dixon served on the Executive Committee of the local Autism Society a number of years and has seen the chapter grow in so many ways as well as seen her own child grow. "The computer has made a great difference in the world of Autism. When Thad was younger he learned how to type three letter words on the computer." Said Barbara.

Since those early years of Thad's diagnosis and the establishment of the chapter things have really progressed. Through decades of chapter meetings at local churches, schools, parks, etc. the Autism Society, Tidewater Virginia has been able to sustain funding to be able to rent out a small resource center in the Endependence Center for families to utilize, hire staff, and get the word out about chapter events through it's online meetup group.

As far as Thad Dixon, well lets just say that he proves that his disability does not have him. Thad graduated from Tidewater Community College in 2010 with an Associates Degree in Graphic Designs. With supports Thad enjoys his daily activities and mom Barbara, couldn't be more proud of him.

Please join us this year for our "Trip Down Autism Lane" as we seek out families who are willing and able to share their stories of autism and our local chapter throughout the last three decades. If you are interested in sharing your story please email us at tidewaterasa@verizon.net or give us a call at 757-461-4474.

Come and Join the Endependence Center at their Youth Meeting!



January 22, 2011 & February 12, 2011

10am to 12pm-Ages 8-13

1pm to 3pm-Ages 14-21

The Endependence Center will be hosting a meeting where youth will have the opportunity to learn about independent living, gather information about resources in the community as well as give them the ability to expand their advocacy skills all while they socialize with their peers. Everyone with a disability is welcome to attend. The cost is free so tell your friends!

Meeting will be held at 6300 E. Virginia Beach Blvd.

Norfolk, VA 23502

If you plan to attend or have any questions contact Emily Fisher

Phone 351-1587 or 461-7527

Vice President Message

Effective January 7, 2011, Jennifer Dilday, the Autism Society, Tidewater Virginia's, Information and Referral Specialist will no longer serve as a staff member with the chapter. After careful thought to the goals and needs of the chapter as well as her personal needs, Jennifer has decided to serve our chapter on a volunteer only basis. Jennifer thanks the chapter and the families served for educating her on information related to Autism Spectrum Disorders for her use with her own son, Conner, who has ASD as well as information obtained to help spread awareness and to help the autism community. The Board of Directors of the Autism Society, Tidewater Virginia would like to thank Jennifer Dilday for her commitment to the chapter during the 2010 year and look forward to working with her in the future to help achieve the chapter's goals.



From the
Desk of
Angela Sadsad,
Vice President
Autism Society,
Tidewater Virginia

On Behalf of the Board of Directors I would like to thank all of our families and supporters for their continued support.

Happy New Years,

Angela Sadsad
Vice President

Meet Our New Board Members!



Dacia Juhn— Dacia is really excited about joining the board and watching it grow. She is currently tutoring a young man with autism and has been doing so for a number of years. She has worked with other students with autism in a school setting, as well as other children in respite situations. Her experience with children with Autism totals 10 years.

Joseph Hill— Joe is a Virginia Beach native who is new to the Autism community. He and his wife (Sandy) have two boys who were both recently diagnosed and put on the Autism Spectrum. He came to the Autism Society looking for information and wanted to lend a hand to the board to be a resource for them with the information he has. He has his own financial planning practice with several specialties, one of them being Special Needs planning, and has plans to start a biotech company focusing on innovative solutions in many fields, including Autism.

NOMINATING COMMITTEE

Nominations are being accepted for the following 2011-2013 Executive Committee positions: President, Vice President, Treasurer, and Secretary. Officers will be announced at the March 29, 2011 Annual Meeting. A Nomination Committee has been selected to oversee the nominee process. If you are a member in good standing, you may submit your nomination to the Autism Society office prior to the February 1, 2011. Call 461-4474 or email tidewaterasa@verizon.net for further information.

Save the Date!



*6th Annual Autism Awareness
5K/1 Mile
Walk-A-Thon*

The Autism Society, Tidewater Virginia will host our 6th Annual 5k/1 Mile Walk-A-Thon on Saturday, April 2, 2011. If you are interested in volunteering or would like to sit on our Awareness Run Committee, please contact us at 757-461-4474 or email us at tidewaterasa@verizon.net.



Respite Nights Are Back!

The Autism Society, Tidewater Virginia is pleased to announce the return of respite nights for parents of children with Autism Spectrum Disorders.

Respite nights will be held at an indoor inflatable playground. Through a generous grant and volunteers from the City of Virginia Beach Police Department and peer volunteers, Autism Buddies, respite nights will provide parents an opportunity to go to dinner, shop, or spend time at home relaxing.

February 27, 2011

March 27, 2011

April 17, 2011

Time: 6:00 p.m. -8:00 p.m.

Bounce House

2682B Dean Drive

Virginia Beach, VA 23452

Space is limited. **Reservations Required!**

Child with ASD Free! Siblings \$5

For more information please contact 757-461-4474

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.



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!



If you are currently a member of our online Meetup group please help us contribute to an eco-friendly environment by turning off your option for paper newsletters by emailing us tidewaterasa@verizon.net

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 Scout 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/>

Living in Holland is a Christian faith-based prayer and support group for parents raising children with special needs. For more information on upcoming meetings and to RSVP please call Karen Jackson at 282-8000 or email faithinclusionnetwork@gmail.com

Amazing Me Returns! On February 1, 2011 the website AmazingMe.org will be back up and running. This is a website that list local events, social outings, and supports for parents and children affected by ADD, ADHD, Speech Developmental Delays and Pervasive Developmental Disorders including ASD. For more information please visit www.amazingme.org on February 1st!

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.

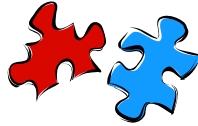
Note: All advertisements in this newsletter are paid advertisement by that of the company or individual advertising. Autism Society does not endorse or promote any treatment, program, or individual.



January/February Calendar of Events



- Jan 25th** **General Meeting: Special Needs Planning/ Tax Preparation for Special Needs:** 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.
- Jan 27th** **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
- Feb 2nd** **Family-to-Family Workshop: Navigating the Social World:** 10:00 a.m.—2:00 p.m. at the Autism Society's location. Reservations required; space is limited. For more information, please call the office at 757-461-4474
- Feb 9th** **Family-to-Family Workshop: Asperger's Syndrome for Parents and Professionals:** 9:30 a.m.—1:30 p.m. at the Autism Society's location. Reservations required; space is limited. For more information, please call the office at 757-461-4474
- Feb 12th** **Sensory Friendly Film: Gnomeo & Juliet:** 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.
- Feb 15th** **Family-to-Family Workshop: Succeeding through Autism:** 6:30 p.m.—8:30 p.m. at the Autism Society's location. Reservations required; space is limited. For more information, please call the office at 757-461-4474
- Feb 22nd** **General Meeting: I Click, I Talk/ Sign With Me:** 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.
- Feb 24th** **Family-to-Family Workshop: Social Skills Training and Frustration Management:** 9:30 a.m.—3:30 p.m. at the Autism Society's location. Reservations required; space is limited. For more information, please call the office at 757-461-4474
- Feb 24th** **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
- Feb 26th** **SibArt:** 10:00 a.m.—12:00 p.m. at the Autism Society's location. Reservations required; space is limited. For more information, please call the office at 757-461-4474
- Feb 27th** **Respite Night:** See flyer on page for details. For more information, please call 757-461-4474



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.



**Little League
 Challenger Baseball**
 Registration Begins January 2011
 Games Begin March 2011



**Opening for
 Autism Specialist**



Challenger baseball is a division of Little League for any child with a physical and/or intellectual disability age 4 years through high school. Challenger provides opportunity for all kids to be part of a team, make friend and play baseball.

Parents and siblings are welcome to join in the fun too. Many children with autism play Challenger and have had great success with developing social skills. There are teams in Norfolk, Virginia Beach and Chesapeake.

For more information, please contact Coach Gary Owens
 daytime phone: 757-664-7391 evenings: 757-480-3304
 email: Norfolkchallenger@cox.net

Facebook: Norfolk OV Challenger Little League Baseball

















The Autism Resource Specialist provides support services to identify needs and assist with program development, consultation with school personnel for students with Autism Spectrum Disorder, and acts as a facilitator for classroom teachers in the implementation and evaluation of interventions for students with ASD. The selected candidate should hold a teaching license with an endorsement in special education.

For more information please visit our website at www.acps.k12.va.us and click on: employment/jobs

Kids Corner

Winter Sudoku

Hi Kids! Sudoku is a popular game from Japan. Cut out the pictures on the left and right and paste or tape them where they belong. Fill in the boxes with the winter pictures below without repeating them in the same row, column, or square. The first square has been done as an example. Good luck!

Valentine Puzzle Piece

Valentine's Day is a special day when we say "I love you" or "I like you" to friends and family who are special to us. Here is a Valentine from us to you. You can cut it out like a puzzle, or use it as a Valentine for someone special to you.

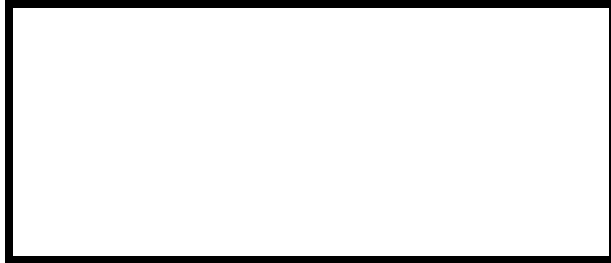




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If you are currently a member of our online Meetup group please help us contribute to an eco-friendly environment by turning off your option for paper newsletters by emailing us tidewaterasa@verizon.net

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 International-\$50 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.