



BIKED to the Beach! \$184,000 for Autism Research



At 4:30 am, Friday, July 31, 2009, 195 riders streamed out of northeast DC in the pre-dawn hours for the 120-mile trek to the beach. Dozens of flat tires, hundreds of bananas and gallons of water later, our intrepid heroes reached the finish line in Bethany Beach, Delaware, every one of them arriving before Happy Hour! To date approximately \$184,000 has been raised for Autism Speaks.

Congratulations to our riders, volunteers, major sponsor [Coakley Williams Construction](#), all event sponsors, and donors for their support and kindness. A special shout-out goes to [Spokes Etc.](#) who provided excellent road service on a day when the pavement sizzled well above 100 degrees.

Top Bike to the Beach Fundraisers to date:

Greg Harraka
Cary Mitchell
Thomas Woodward
John Christmas
Nick Hayman

National Walk Now for Autism Speaks Update

**2009 Walk Now for Autism Speaks
 Walk Launch Open Houses in September!**

Various dates, times, locations in September 2009: Pick up our brand new walk materials, **posters, brochures, and flyers**; meet other families; learn about the walk and how to fundraise successfully. Better yet, [volunteer](#) for a two-hour shift to help out!

[Rsvp](#) for one today!

Fairfax County:

Location: Neiman-Marcus Cafe, Tysons' Galleria, 1st Floor,
Tysons' Corner, VA

Date: Wednesday, September 9, 2009

Time: 6:30 to 8:30 pm

Washington, DC:

Location: Autism Speaks offices, 1990 K Street, NW, 2nd Floor
(corner of 20th St., NW)

Date: Friday, September 11, 2009

Time: 12 noon to 2:00 pm

Arlington County:

Location: Ballston Mall Food Court

Date: Friday, September 18, 2009

Time: 1:00 to 3:00 pm

Loudoun County:

Location: Dulles Towncenter Food Court

Date: Sunday, September 20, 2009

Time: 1:00 to 3:00 pm

Montgomery County: TBA! Check back soon at

www.NationalAutismWalk.org

Teambuilding time is upon us! Turn a summer cookout or Labor Day pool party into your walk team's wrap-around event, with suggested donations or a donation bowl at the ready. Encourage your friends and neighbors to sign up online. Children 15 and younger register for free. Register yourself or others at www.NationalAutismWalk.org today!



Introducing: The Grand Club!

In our 80 walks across the country, individuals who raise \$1,000 or more are being inducted into our new "Grand Club." Grand Club members will receive periodic recognition and will be extended VIP treatment at our October 31st National Autism Walk! **To date, our Walk Grand Club members are:**

Bob Bodell
Lisa Caponiti
Amy DiBari
Peggy Dillenburg
Shelly Galli
Marla Garchik
Lori Ghiringhelli

Ann Gibbons
Valerie Kressin
Jennifer Lukawski
Cynthia Perkinson
Marjorie Robinson
Amanda Snell

Autism Speaks Enters Marine Corps Marathon!

For the first time, Autism Speaks has secured coveted slots in the upcoming annual [Marine Corps Marathon](#), to be held in Washington, DC on Sunday, October 25th. While the Marathon is officially CLOSED to the public, you can act now and register to run and raise funds for Autism Speaks! Space is severely limited so if you are interested, please [email us](#) asap for further information and return a completed [registration form](#). Don't delay, register today!



Volunteer Spotlight on: Lakewood Country Club Swimmers

Thank you, **Lakewood Country Club**, for raising \$700 through their wraparound event, "**\$5 for 500 Laps**"!

In early August swim team members were in the pool swimming laps until they hit 500 laps! The children collected donations from friends, family, and members.



Upcoming Chapter Events:

9/9/09

Walk Committee Meeting and Walk Launch Open House, 6:30 pm

Neiman Marcus Cafe

(restaurant will be closed, but we are welcome to bring items in if desired)

Tysons Galleria, 1st Floor

2001 International Drive

McLean, VA 22101

onsite emergency phone contact: 202.577.3697

10/7/09

Walk Committee Meeting, 6:30 pm

Neiman Marcus Cafe, McLean, VA (see above).

10/31/09**National Walk Now for Autism Speaks**

Walk with us on the National Mall to raise critical funds for autism research! Our goal this year is to have 10,000 supporters walking this Halloween! [Register](#) today and begin your team and fundraising.

Check out our event website and online fundraising tools at www.NationalAutismWalk.org Join us Halloween morning, costumes welcome. Bring your trick-or-treat bag! For more information, contact us at dcwalk@autismspeaks.org or 202.955.3111.

Community News**9/5 to 9/7/09****Dine and Donate! at Pizzeria Uno's**

Uno Chicago Grill wants to curb your hunger and help Autism Speaks™ as they raise money on September 5- 7, 2009. This Labor Day Weekend, you are invited to *dine in or out* all day long at your Unos and have 20% of your bill (excluding tax and tip) donated back to Autism Speaks. It's simple, **print out the Uno Dough Rai\$er™ voucher** found below and turn it in at the end of your meal. Help spread the word- please pass this coupon along to friends and family by email. Participating markets include; Illinois, Massachusetts, Florida, Maryland, and the New York area.

Chicago Grill also offers a Gluten-Free menu upon request.

To download a voucher visit: <http://www.unos.com/autismspeaks>

Maryland Participating Uno Locations!:

Baltimore	201 East Pratt St.
Bel Air	601 Baltimore Pk.
Bethesda	7272 Wisconsin Ave.
Bowie	Bowie Town Center
Columbia	10300 Little Patuxent Parkway
Ellicott City	4470 Long Gate Pkwy
Frederick	5449 Urbana Pk.
Fruitland	100 East Cedar Lane
Hagerstown	17734 Garland Groh. Blvd.
Landover	Capital Center Blvd.

9/12/09**DC Autism Parents Monthly Meeting**

Safety Considerations for Parents and Caregivers of Individuals with Autism & Other Cognitive Disabilities; and Rethink Autism

Presentations by Scott Campbell, POAC-NoVA Executive Director & Jamie Pagliaro, Rethink Autism Executive Vice President

Time: 11am until 1pm (with the Safety Consideration presentation until 12 noon; and Rethink Autism presentation until 1pm)

Location: Southwest Neighborhood Library, 900 Wesley Place SW, Washington, DC.

The Safety Considerations workshop will define autism and describe how characteristics of autism can impact health and safety of people with autism. Topics will include wandering, communication issues, vulnerability, and emergency preparedness. Specific resources and strategies for parents and caregivers will be provided. Participants also will be provided with an overview of *Rethink Autism*, a web-based autism treatment platform, based on Applied Behavior Analysis, that helps parents and professionals design individualized programming to meet each child's learning goals, while state-of-the-art data-tracking systems allow users to track the learner's progress. Please RSVP to info@dcautismparents.org. For more information visit www.dcautismparents.org.

9/16/09, 5:00 to 8:00 pm

Autism Scoops! Baskin Robbins at Cabin John Mall

Baskin Robbins will donate 20% of the proceeds of purchases this date; please use password "Ice cream, please!" at the register. 7909 Tuckerman Lane, Potomac, MD.

IAN Research Report: Back to School 2009

The Interactive Autism Network, based at Johns Hopkins University, just published a report entitled "[Back to School 2009](#)" which reports on IAN participants and education. The IAN team also writes us: "as children head back to class, we also wanted to remind you that there is a great deal of valuable, basic information about autism spectrum disorders (ASDs) on the IAN Community website. We hope you will print copies of our articles or send a link to share this information with all of those new to the autism spectrum: teachers, classroom assistants, or anyone who will be interacting with your child and needs a quick introduction. Our '[About ASD](#)' and "'[Challenging Behaviors](#)' sections may be particularly helpful."

New ListServe for Parents

SibParent, sponsored by the Sibling Support Project, is a new listserve where parents of special needs children can discuss issues experienced by their typically developing children. To join SibParent go to <http://groups.yahoo.com/group/SibParent/join>.

JSSA—Autism Family Coordination Program

Jewish Social Service Agency's Family Coordination Program offers support for the whole family (parents, siblings, and other family members) empowering them to make informed decisions and access needed services that maximize the quality of life, development potential, and functioning of their loved ones and the entire family as a unit. JSSA will provide identification and assessment of child and family needs; development of an integrated plan of care; service coordination; ongoing monitoring, support and advocacy; specialized counseling and support for parents and more. For further information, please call 301-816-2633.

JSSA—Parent Support Group for Children Across the Autism Spectrum

This ongoing monthly support group focuses on shared perspectives, mutual support, community referral and resources. The group will be structured around the needs of the participants and will focus on topics that they bring to the table. Group meets on Tuesdays, beginning in September; 6:30-7:45 p.m. at JSSA, 3018 Javier Road, Fairfax. Please call 703-204-9100 to register.

JSSA—Parent Support Group for Young Adults Across the Autism Spectrum

This ongoing monthly support group will discuss participants' interests and concerns including: identifying community resources, building a support network and balancing one's own needs with that of your adult son or daughter. Group meets on Wednesdays, August 26, September 23, October 28, November 18, December 16, January 27; 7:00-8:30 p.m. at JSSA, 3018 Javier Road, Fairfax. Please call 703-204-9100 to register.

JSSA—Moving Up and Out: Life and Job Readiness Skills for young Adults with Asperger's Syndrome

This ten-session workshop is for men and women ages 19-30 who would like to build their life skills to promote independence, including: budgeting and money management, personal hygiene and cooking. Participants will learn the basics of finding and keeping a job including time management skills, telephone etiquette, interviewing, appropriate workplace behavior and communication skills. Group meets on Wednesdays, beginning October 7, 6:00-7:30 p.m. at JSSA, 3018 Javier Road, Fairfax. Please call 703-204-9100 to register.

JSSA—Making Friends: A Social Club for Young Adults with Asperger's Syndrome

JSSA and the Jewish Community Center of Northern Virginia (JCCNV) present a social club for young adults diagnosed with Asperger's syndrome or related disorders. This club provides social opportunities in a structured and supportive environment with guidance from professionally trained staff who work with participants on improving social skills and overall comfort in social situations. A variety of monthly outings (including parties, bowling, dinners, miniature golf and museum tours) will be scheduled from September through December. The September event will be held on Sunday, September 13. For a schedule of events, costs and more information, please call 703-204-9100.

10/15 to 10/16/09: Perspectives on Autism conference

Families Together for Persons With Disabilities, Rockville, Maryland. A two-day conference for parents and teachers with special speakers Eustacia Cutler (mother of Temple Grandin), Thomas Powell, Sally Burton-Hoyle, and Barry and Renee Gordon. Presentations on using Neurofeedback with children with autism; Positive Behavior Supports; and Person Centered Planning. Visit www.familiestogether.org for additional information.

Become a Fan of our chapter on Facebook!

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