

December 2024



Happy Holidays



The holidays are a great time to get out into the community for some special activities. We pulled together some regional activities which are at low or no cost to individuals to help everyone celebrate the holidays.

Region 1

- [Altavista Christmas Parade - Main Street - Saturday, December 7, 2024 at 5:00 pm](#)
- [Amherst Town Hall - Friday, December 6, 2024 - Santa, Cookies & Crafts from 4-6 PM - Parade begins at 6:30 PM.](#)
- [Charlottesville Grand Illumination at the Downtown Mall - December 6, 2024, from 5-8 PM at the Ting Pavilion.](#)
- [Harrisonburg - Holiday Parade and Winter Wonder-fest - Saturday, December 7, 2024 - 7:00pm.](#)
- [Louisa County Christmas Parade - Saturday, December 7, 2024, noon to 1:00 pm.](#)
- [The Orange Rotary Christmas Parade & Tree Lighting in Taylor Park - Saturday, December 7, 2024 from 4:30-6:30 PM.](#)
- [Spotsylvania 47th Annual Christmas Parade - Saturday, December 7, 2024 at 1:00 p.m.](#)



Region 2

- [Reston Holiday Parade: November 29, 2024 at 11:00am, Market Street, Reston, VA.](#)
- [Christmas in Middleburg Parade - December 7, 2024 at 2 pm, Middleburg, VA.](#)
- [Manassas Christmas Parade - Main Street - December 7, 2024 at 10am.](#)
- [Warrenton Christmas Parade - December 6, 2024 at 6pm, Main Street, Warrenton, VA.](#)
- [Scottish Christmas Parade in Alexandria, VA - December 7, 2024 at 11am, Old Town Alexandria, VA.](#)
- [First Night in Alexandria, VA - December 31, 2024.](#)
- [Leesburg Holiday Parade - Saturday December 14, 2024 at 6:00pm - Ida Lee Drive NW.](#)



Region 3

- [Abingdon, VA Christmas Parade - Main Street - December 7, 2024 at 5:30 pm.](#)
- [Big Stone Gap, VA Parade and Tree Lighting - Downtown - December 6, 2024 starting at 6:00 pm.](#)
- [Blacksburg Winter Nights Annual Parade and Festival – Downtown - Friday, December 6, 2024, 3:00 pm.](#)



Region 3 continued...

- [Bristol, VA Christmas Parade - State Street - December 5, 2024 starting at 7:00 pm.](#)
- [Danville Christmas Parade - Main Street - December 8, 2024, 5:00 pm.](#)
- [Galax Christmas Tree Lighting and Parade – Downtown - December 6, 2024, 6:45 pm.](#)
- [Roanoke Delta Dental Dickens of a Christmas – Downtown - December 6, 13, 20 – 2024.](#)



Region 4

- [Olde Time Holiday Parade - Sunday, November 24, 2024 - 2:00 PM- 4:30 PM - Thompson Street Ashland.](#)
- [Colonial Heights Christmas Parade - Tuesday December 3, 2024 - 7pm - On The Boulevard.](#)
- [New Kent - 11th Annual Grand Illumination – Courthouse - Sunday, December 1, 2024, 3:00 pm - 6:00 pm](#)
- [Richmond's Tacky Lights Tour - December 1 - 31, 2024](#)
- [Richmond Disability & Adaptive Fashion Show - Sunday, December 8, 2024, 3:00 - 5:00pm - Virginia Repertory Theatre](#)
- [Petersburg, VA., Holiday Parade - Sycamore Street to Olde Town, December 7, 2024 at 3:00 pm.](#)
- [James River Parade of Lights Holiday Boat Parade - December 9, 2024 at 6:00 pm – 9:00pm.](#)

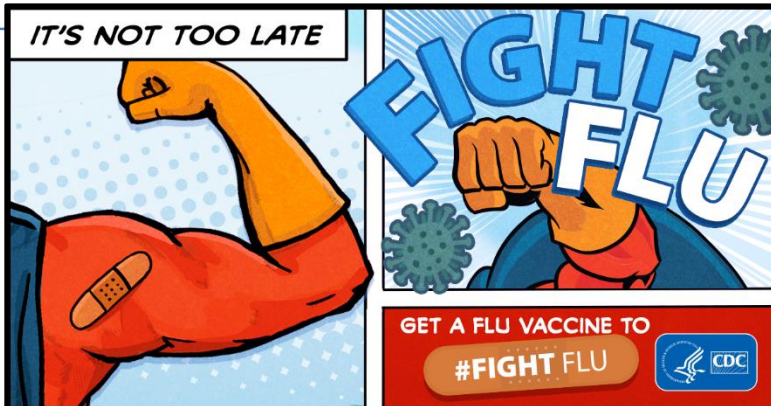


Region 5

- [Chesapeake Christmas Parade - Downtown Great Bridge - December 7, 2024, 6:00pm.](#)
- [Colonial Beach Santa's Wonderland and Winter Festival Parade - Washington Avenue - December 7, 2024, 12:00 pm – 3:00 pm](#)
- [Hampton Holly Days Parade - December 7, 2024 at 5:00pm.](#)
- [Portsmouth - A Walk-Through Christmas - Airline Blvd - Now through December 29, 2024, 8:00am - 6:00pm](#)
- [Suffolk, VA., Holiday Parade 2024 - December 14, 2024 at 7:00 pm, West Washington Street to Finney Avenue.](#)
- [Virginia Beach, VA., Holiday Parade at the Beach - December 7, 2024 at 5:30 pm-8:00pm, Atlantic Avenue 15th-25th Street.](#)
- [Williamsburg Christmas Parade - Richmond Road to Nassau St.- December 8, 2024 at 5:00PM](#)



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ABA Snippets ...

You Have the Right to....

Have you ever thought about what your human rights are? I'm not talking about constitutional rights. I'm talking about fundamental human rights. Many people have heard of the term "Human Rights," but are not aware that there is actually a Declaration of Human Rights that was developed by the United Nations back in 1948 (you can read it here <https://www.un.org/en/about-us/universal-declaration-of-human-rights>). This Declaration of Human Rights pertains to all humans. In the Commonwealth of Virginia, there are additional regulations related to human rights for those served by providers that are licensed, funded and operated by DBHDS (you can read those here

<https://law.lis.virginia.gov/admincode/title12/agency35/chapter115/>).

So why am I talking about human rights in a column about applied behavior analysis? Because if you are reading this, there's a very good chance you work with individuals with disabilities, in some form or another. When writing, implementing or reviewing behavior interventions, it is important to ensure those interventions do not restrict the rights of the individual, without proper justification. How do you know if the intervention is restricting a right? Ask yourself "could someone do this to me?" and check the Virginia Human Rights Regulations. If it is determined that the intervention is restricting a right, then follow the Virginia Administrative Code [12VA35-115-100](https://www.dhhs.virginia.gov/12VA35-115-100), which states "Providers shall not impose any restriction on an individual unless the restriction is justified and carried out according to this chapter or otherwise required by law." A good rule of thumb for deciding if a restriction is justified is: if there is a health and safety concern and less restrictive measures have not been successful in maintaining health and safety.

For more information on the Office of Human Rights, visit their website at: <https://dbhds.virginia.gov/clinical-and-quality-management/human-rights/>

You may contact DBHDS to access resources, provide feedback, and to learn more about these efforts via the following: courtney.pernick@dbhds.virginia.gov

Virginia Medicaid

Department of Medical Assistance Services

The New Year is a Great Time to Schedule an Annual Physical or Wellness Exam!

Adult Medicaid members receive coverage for preventive services. Preventive services are defined as routine health care that includes screenings, check-ups, and patient counseling to prevent illnesses, disease, or other health problems.

Preventive services can help people improve their overall health before something becomes a larger problem.

This coverage is provided by DMAS for all adult Medicaid members as a proactive step to help improve overall health to all members.

The following preventive services are available at no cost to Medicaid members:

- Adult wellness exam.
- Individual and group smoking cessation and alcohol counseling.
- Recommended vaccines, such as tetanus and diphtheria, shingles, hepatitis A and B, influenza, and human papillomavirus.
- Mammography, prostate, and other cancer screenings.
- Blood pressure and cholesterol screenings.
- Depression screenings.
- Nutritional Counseling.

Medicaid members should contact their primary care doctor to schedule one of these preventive services.

<https://www.dmas.virginia.gov/for-members/benefits-and-services/adult-preventive-services/#:~:text=Adult%20Medicaid%20members%20now%20receive,disease%2C%20or%20other%20health%20problems>



From the Office of Integrated Health Supports Network