

# Will you be a Table Captain?

ABC OF NC PRESENTS

## 15th Annual



# Gourmet Lunchbox Lunch

**SEPTEMBER 20, 2022**

**11:30AM- 1:00PM**

Millennium Center

101 W 5th St

Winston-Salem, NC

27101

**JENNIFER  
COOK**

*Award-Winning Author &  
Autism Self-Advocate*



ABC of NC is excited to present its 15<sup>th</sup> Annual Gourmet Lunchbox Lunch!

This year, we are delighted to be back at the Millennium Center in Winston-Salem and excited to offer in-person and virtual attendance opportunities again.

## What is The Gourmet Lunchbox Lunch?

ABC of NC's annual lunch invites the community to learn about ABC of NC while dining on a delicious meal provided by local restaurants. Attendees will enjoy an inspiring presentation from Jennifer Cook and hear first-hand stories from families who have benefited from the life-changing services at ABC of NC. Past keynote speakers have included Dr. Maya Angelou (2013); Jason Katims, creator and executive producer of the hit television show *Parenthood* (2015); and Doug Flutie, football great and autism parent (2016). ABC of NC's lunch raises vital funds to support and enhance the services and programs at ABC of NC and attracts more than 500 attendees.

This year, ABC of NC is happy to again offer a virtual table captain option. Virtual table captains and their guests may watch the streamed presentation or view the recording provided after the event.

## Keynote Speaker

Jennifer Cook (formerly O'Toole) was identified as being on the spectrum in 2011. She is fresh off Netflix's internationally-celebrated series, *Love on the Spectrum – US*, where she serves as the on-camera autism expert and relationship counselor. In her work, Jennifer helps unzip hidden social rules for neurodiverse people of all ages, coaching them toward more connected, fulfilling lives and relationships. She is also the author of nine bestselling and award-winning books – including the foundational *The Asperkids (Secret) Book of Social Rules*, groundbreaking memoir *Autism in Heels*, and upcoming *My Friend Julia: A Sesame Street Book About Autism*. She sits on the Autism Society of America's Council of Autistic Advisors, and is a multi-award-winning international presenter who has spoken everywhere from the White House, to the National Institutes of Health, to royal audiences in Europe.

## About ABC of NC

ABC of NC celebrates its 20th Anniversary this year! In 2002, ABC of NC became the first specialized autism treatment provider in North Carolina, and we remain the only nonprofit, comprehensive autism treatment organization in the Piedmont Triad today. ABC of NC is committed to providing high-quality, research-based therapeutic and educational services to people with autism spectrum disorder; ensuring service accessibility to individuals from any economic background; offering support and hope to families; and advocating for inclusion and acceptance. Over the last 20 years, hundreds of Triad area families searching for autism resources and treatment have found help and hope through ABC of NC.

**Will you be a table captain?**

## What does a table captain do?

A table captain reserves one or more tables, for up to eight guests per table, and fills those seats with friends, family members, neighbors, and/or colleagues who may be interested in ABC of NC's work or simply want to learn more about Autism Spectrum Disorder (ASD). A virtual table captain encourages their guests to attend virtually by watching the event stream live or setting up a time for the group to watch the recording together.

A table captain acts as the guests' host at the event and communicates important information before, during, and after the event. There is no charge to be a table captain or attend the luncheon, but we will ask for a meaningful and impactful contribution at the event from those in attendance.

# I want to be a table captain. What now?

## 1. Mark your calendars

ABC of NC Gourmet Lunchbox Lunch  
Tuesday, September 20, 11:30 am - 1 pm  
Millennium Center (101 West Fifth Street, Winston-Salem)

## 2. Confirm your participation with ABC of NC

Click [here](#) to sign-up and let us know you want to participate. We will ask how many tables you would like reserved for your guests or if you wish to be a Virtual Table Captain. Don't worry; this can be changed later if needed.

## 3. Watch your email

We will email you additional information about the event in the coming weeks, including templates, invitations, and documents.

## 4. Fill your table/invite your guests

Start inviting guests now – via phone, email, in person, or through social media. Dust off your address book, scroll through your contacts, and talk to everyone. You'll be amazed at how many people want to attend the event once they hear about it from you. Remember, this event is a fundraiser, so please invite people who will be interested in ABC of NC's work and be willing and able to make a gift.

## 5. Be up-front and tell your guests that the event is a fundraiser

There is no charge to attend the luncheon, but we will ask for a meaningful and impactful contribution at the event. You and your guests can donate at the event, sign up for monthly giving, or make a pledge for a future gift.

## 6. Learn more about ABC of NC's mission. See the life-changing work taking place at ABC of NC:

- Visit our website at [www.abcofnc.org](http://www.abcofnc.org)
- Sign up to receive our e-newsletter on our website: <https://abcofnc.org/involved/communications/>
- Subscribe to our YouTube channel (ABC of NC)
- Follow us on social media:  
Facebook: [www.facebook.com/abcofnc](http://www.facebook.com/abcofnc)  
Instagram: [www.instagram.com/abcofnc](http://www.instagram.com/abcofnc)

## 7. Be an advocate and share the story

Reach out to the community and share the ABC of NC story. Tell people about your personal connection to ABC of NC. The passion you have for our work can be contagious. If you don't have a personal experience, we can share some success stories.

## 8. Attend the Event

The lunch begins promptly at 11:30am, so plan to arrive no later than 11:00am so you can greet your guests as they arrive. If you choose to be a Virtual Table Captain, communicate with your guests the day before and provide them the link to watch the program. Send a reminder that morning so they don't forget.

## 9. Communicate and follow up with your guests

After the event, write your guests a thank you note, send an email, or give them a call to thank them for attending. Let them know you appreciate their time and their support of ABC of NC. Inspire guests to make a meaningful gift to ABC of NC. Use our template emails and adapt them as you wish to communicate with your guests.

## Please share the information

If you know of someone who would be interested in participating in the ABC of NC Gourmet Lunchbox Lunch - feel free to forward this information to them or provide them with our contact information:

[development@abcofnc.org](mailto:development@abcofnc.org) or 336-251-1180 ext. 119

## Additional Opportunities

Sponsorships, restaurant partnerships, and advertising spots are still available.

Contact the Development Team at [development@abcofnc.org](mailto:development@abcofnc.org) for more information.

## Have Questions?

Call or email ABC of NC with any further questions.

Contact Angie Wilson at (336) 817-2412 or [development@abcofnc.org](mailto:development@abcofnc.org).



### ABC of NC

905 Friedberg Church Rd, 27127, Winston-Salem

This email was sent to {{contact.EMAIL}}

You've received this email because you've interacted with ABC of NC in the past and we hope you will join us this year as a table captain at the Gourmet Lunchbox Lunch.

[Unsubscribe](#)

