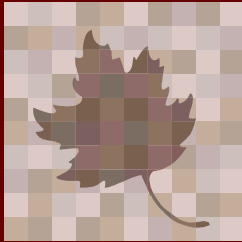


From Jan's Desk



THE ARC OF MIDLAND

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I hope that everyone had a wonderful summer. As usual, we were pretty busy here at The Arc. We invited Deb Ziegler from the Department of Community health to share information about Medicaid Waivers with the membership. In addition, we had a very successful picnic, with over 100 people in attendance! We held the Arc Walk, Stroll and Roll and Arts Included Event. As usual we had an outpouring of support from local businesses, agencies and citizens. A good time was had by all.

We lost Mary Ann, our office manager, to a better job opportunity in Grand Rapids. Luckily, the other staff stepped up and we continue to work hard to serve our members and other citizens with disabilities. At the Annual Meeting we will be sure to introduce out staff to the membership.

We have a very busy fall planned. We have invited CMHCM to meet with the membership to update us on their financial situation and current direction. In addition, we are planning workshops on Person Centered Planning, Self Determination, Estate Planning and Letters of Intent.

Everyone In Education is also hard at work planning for this upcoming school year. One exciting activity that this group has worked on this summer is a curriculum modification and adaptation "tool kit" for teachers. This summer they got through the social studies curriculum for all grade levels. When school starts, all social studies teachers in the MPS district will get the guide for modifying the curriculum. This will help teachers feel that they have the information and tools that they need to better include all kids in the general education curriculum. Good work to everyone on the Everyone In Education team!

The Safety in the community classes will resume and we have a wonderful agenda for this fall/winter term. Once again this group will meet on Tuesday nights at the United Way Building. In addition, People First will have their first meeting of the season in September and will establish an agenda and goals for the upcoming year.

Project Lifesaver is a new initiative that came out of our Legal Issues Committee. It is a system for helping people who have dementia or a disability and may wander away from caregivers and get lost. This project is a collaborative effort with CMHCM, Senior Services and local law enforcement. Leah

Hockaday is our contact person at The Arc for anyone who wants more detailed information.

This fall we will also be doing some work with people we serve who own their own homes, helping them to maximize the resources available to keep their homes in good condition and also get the most from this investment.

As you can see, we have had a very busy summer and have a very full agenda for the upcoming year. The staff and committees of The Arc meet challenges every day and help the people we serve to have opportunities as a result of meeting those challenges. In addition, when we have asked the membership to step up and help someone in need, you have done so. I can't even count how many times I have contacted members and told them a story of a person in need and those members have shared what they have – money, food, bedding. However, at this time, The Arc itself faces a challenge that requires the help and attention of all of our members. That challenge is financial in nature. For 2008, we received an increase in our United Way funding for the first time in several years. This was WONDERFUL and we thank United Way and everyone in our community who contributes. However, there is still a certain amount of funding that we, as an agency must raise on our own. The Arc has always been able to do this with program service fees, our CMH contract, membership dues, donations, grants and gifts from a variety of sources. This year has been very challenging for businesses in our community and also for many of our other regular donors. For this reason, we find that we have fallen short of our fundraising goals for 2008. Meeting this goal is critical.

In a few days, United Way will begin its annual fundraising campaign. Our entire community will need to come together to meet the ambitious goal that United Way has set so that it can meet the needs of each agency, including The Arc. I urge you to do two things: 1. Give generously to the United Way and 2. After the United Way campaign is completed, dig a little deeper and make a year end contribution to The Arc.

As always, thank you for your support and commitment to our mission to promote the general welfare of people with developmental disabilities. See you at the next Arc event!

Project Lifesaver



History:

The actual Project Lifesaver program began back in early 1999 when Gene Saunders learned about a new development, whereas FM transmitters were being used to track missing persons with Alzheimer's disease.

The concept, however, was only in the beginning stages and lacked sufficient protocol and organization to move it from a concept to program.

Training, certification and search protocol were developed, which launched the official model for the Project Lifesaver® program. All the training and procedures were carefully developed and copyrighted to secure standards and promote certification levels. The courses were then presented and approved by the Virginia Criminal Justice Services Commission for in-service credit hours for any police officer/deputy sheriff in the state.

This same approval quickly spread to other states. These courses remain today the only officially certified courses for locating missing persons with dementia in the country. The administration of the program fell into the hands of a carefully selected staff of prior law enforcement officers with backgrounds in administration of search and rescue, special operations and public safety training.

Project Lifesaver® was formed by law enforcement officers

FOR law enforcement officers.

How It Works:

Enrolled clients wear a personalized wristband that emits a tracking signal. When caregivers notify the local Law Enforcement of a missing person, a search and rescue team responds to the wanderer's area while the mobile locator tracking system is activated. Search times have been reduced from hours and days to minutes.

In over 1000 searches, there have been no reported serious injuries or deaths. Recovery times average less than 30 minutes.

Bringing the program to Midland County:

Upon learning about the Project Lifesaver program, a concerned parent contacted relative agencies and a committee was formed. The committee established the following needs for Midland County:

- Many people are seeking alternatives to nursing homes and a means to keep track of those who experience dementia and may wander away from home.
- Individuals with autism or other developmental disabilities may not be able to seek help if they become lost or wander from the sight of family or care givers.
- It can take hours or days for Law Enforcement to find a person at great expense and risk to the individual who is lost.
- Every minute lost means the difference between being found safe and sound and being found injured or even dead.

If you are interested in enrolling yourself or a loved one in this program, or would like more information, please contact Leah at The Arc, 631-4439. You may also contact Community Mental Health/Central Michigan or Senior Services.

Join us October 22nd!

The Arc of Midland is hosting an Autism and Asperger's discussion group!

220 W. Main St. (Strosacker Bldg. Rm.110), 6:30-8:00

To register, or if you have questions call 631-4439

If childcare is necessary for your attendance, call us by Friday, October 17th! 631-4439

Inspirational Fun Run at Midland High

Okay, so a lot of you have read inspirational stories before... but the other day, I witnessed one firsthand! Some of you have already heard about it and some of you were there too... but I just want to share how I feel about what happened yesterday at the Fun Run! Read on!

I stood at the edge of the track with my camera ready. Mrs. Sugnet had just assured me that Hollie has been doing rather well during practice, even coming across the finish line ahead of some of her peers! Today was the Parkdale Annual Fun Run. Each grade has an opportunity to run the track at Midland High School. The kids are all excited, revved up, and ready to go!

The second grade boys went first and as they made their second lap around the track, Mrs. Sugnet lined the girls up. Hollie took her place, right in the center of the line, and posed for the start. And they're off! Hollie made the first turn, second turn, and about half way around the track she completely ran out of steam. She made the transition from trotting to walking in the first eighth of a mile! My heart sank. There, left in the dust of all the other second grade girls, my daughter casually wandered along the track at Midland High School.

This is what life is going to be like for her, I thought. This is something we will be seeing for the rest of her life. I felt a bit empty inside. I wanted so badly to do something. Meanwhile, Hollie continued to walk and eventually made her first lap. I couldn't really tell what she was feeling or thinking. The truth be known, she probably didn't really care. But me, I was cry-

ing inside. I wanted Hollie to compete. I wanted Hollie to care. I wanted her to finish that race with her peers. Maybe I was being selfish, but really, what I didn't want was for Hollie to give up.

Hollie was about half way around her second lap when I felt the urge to do something. I turned to my friend, Alyssa, and said, "I should just kick off these heels and go run with her." Alyssa smiled slightly, and the look of empathy in her eyes told me that she understood. But then, her gaze shifted to just over my shoulder and her face had a look of wonder on it. I turned to see what it was that caught her attention. There, on the other side of the football field, three second-grade boys had jogged out to meet Hollie. They joined Hollie on the track and together Hollie and the boys began to run. I turned back to Alyssa and began to say, "Are they...?". She nodded and we both stood there in disbelief, holding back tears. Soon, two more boys joined Hollie, then another, and finally a girlfriend. Together, Cade, Tristen, Jordan, Tyler, Katelynn and two other awesome second-graders encouraged Hollie past the finish line.

You see, at Parkdale Elementary, we have something called Parkdale Pride. And yesterday, on the track at Midland High School, I witnessed firsthand, how the second grade Parkdale Panthers show their Pride. They may not understand the full impact of their actions, but I will forever remember how these kids supported Hollie this day!

- Trisha Kayden

A Valuable Opportunity

We have just become aware of a terrific opportunity for anyone interested in promoting inclusion in their faith community. A one day workshop called One Body Together in Christ is being presented in Holland, Michigan. We have attended one of these workshops and found it very helpful for pastors, educators, youth leaders, parents or anyone who is seeking to reach out to, and be more inclusive of, people with disabilities. The workshop will help participants learn to include people with disabilities in the life and ministry of their faith community.

"One Body Together in Christ" will take place at Western Theological Seminary, Holland, Michigan, Saturday, September 20, from 8:30AM to 1:00 PM and will include a keynote address, sectionals, brunch and booths for different ministries. The cost is \$35 (\$20 for students). For more information or to register call 888-463-0272 or visit www.TogetherinChrist.us

There is a brochure at The Arc that provides details about the workshop, speakers and topics. Please feel free to stop in or call me if you have any questions.

- Anne House, Arc Faith Committee

Hollie Goes to Cheer Camp—A Parent's Perspective

I can't help but be in my glory right now. Hollie attended a Cheer/Pom camp through the Midland Public Schools. It was a week long camp, and the amazing thing is that I did not go with her!

Surprised? Me too! Thanks to Project Lifesaver (r) and the help of the ARC of Midland and Hollie's circle of friends... Hollie had her very first opportunity to do something that all of the other girls her age do, without her mom breathing down her neck! It was an ideal opportunity for Hollie, and to top it off... Hollie had great coaches, Coach Snyder and Coach Gay-heart, that accepted her with an open mind and open hearts! (Thank you coaches!)

She went, faithfully, each morning to camp. She practiced her routines with all of her heart. She met new friends and enjoyed her time with some old friends. As a grand finale' the campers got to strut their stuff at the Loon's game on Saturday, June 28th. Some twenty cheerleaders stood in front of home plate and cheered to a nearly full house. It was certainly an experience that Hollie will never forget. (See pictures attached) The beaming smile on Hollie's face says it all.

For those of you that really know me (I mean *really*...) you know that this was a big step for me. It was honestly the very first time I let loose on the strings and let Hollie do something without me. I was nervous, but each day that the camp went was easier for me. And the feedback from Hollie's friends and the volunteers helped ease my fears. For those of you that have children of your own, that have special needs, know that our community is a wonderful place to raise our kids and there is support available through The Arc of Midland's Growing Up Included. It is a great way for your child to gain independence in a safe environment. We had the added piece of mind that Hollie is a participant in Project Lifesaver - a radio tracking device offered through our local law enforcement. (If you are interested in knowing more about Growing Up Included or Project Lifesaver, contact The Arc of Midland (989) 631-4439 or visit their website www.arcofmidland.org)

Thanks for letting me share this experience with all of you!

- Trisha Kayden

Hollie Goes to Cheer Camp—Hollie's Perspective

This summer, I went to cheer camp. We cheered. We warmed up. We played games. We practiced. I went to the gym. I saw my friend, Peyton there. I met new friends too. Chyna was there. Haylee, Madison, Tyna were there. We went on Monday, Tuesday, Wednesday, Thursday and Friday. On Saturday, we did a cheer at the Loons game. My favorite part of cheer camp was warm up. I had fun at cheer camp.

Hollie Goes to Cheer Camp—A Friend/Helper Perspective

I had the pleasure of helping Hollie at cheer camp this summer. I had received an email from Jan asking if anyone would like to volunteer to help an 8 year old girl who had autism at a cheer camp. I was a cheerleader in High School and at Northwood University so that aspect of it wouldn't be foreign to me at all. Before deciding, I thought about the time commitment and how I would have to change my work schedule, I thought about the challenges that I would be facing because I wasn't sure how Hollie would act around me, but I also thought about the experience overall. When would I ever get an opportunity like this to go to a cheer camp and help a girl who had autism? So I decided to do it. There was never an episode that had occurred during the week that made me regret my decision to go. After the first day or two, I learned how to keep Hollie engaged and interested in the activities. Thankfully her cousin, Clare was also there to help and also by surprise her babysitter, Hope was there. She offered me a lot of advice which really helped throughout the week.

I would have to say my favorite part of the camp was watching Hollie perform the cheer routine and the pom routine.

Seeing her so focused and determined was very exciting. The toughest part for her was when the girls had to learn the material, which was usually when Hollie wanted to visit the other groups or take a break and go for a walk.

Throughout the week, I learned so much about Hollie! I learned that Hollie loves people's names. She can read names so well it is amazing. She loved picking up someone's folder, reading the name and finding that person to give them their folder, it was very cute. Sadly, I also learned that a lot of people, both children and young adults don't know how to react to a person who has autism, which is unfortunate. I would have to say that the most important thing that I learned from going to cheer camp with Hollie was that it doesn't matter who you are or if you have a disability or not, you have a right as a person to participate in any activity that you want just like everyone else.

I just want to say thanks Hollie for all the fun I had with you at cheer camp!!

- Jenny Thuma

Everyone in Education Activities: Reviewing the Highlights 07-08

September

Kathie Snow presented a 3 ½ hour workshop - Disability is Natural and Other Revolutionary Common Sense

27 people attended

September

Kathie Nunley presented "A Student's Brain: How it Works!", 73 people attended

Layered Curriculum, 68 people attended

October

Peter Leidy met with parent and professionals

February

Janice Shawl presented new Graduation Requirements to community agency professionals

March

Everyone In Education met with area Superintendents

April

Autism and Asperger's Panel discussion, 27 people attended

This panel discussion was geared for parents; however we were thrilled that a few professionals attended, and were able to assist in answering school related questions as they surfaced. The panel shared personal history, discussed resources, and gave personal references when asked. The majority of the group felt it was important to continue to meet and discuss this topic on a regular basis. The Arc agreed to organize a support group related to Autism and Asperger's a

few times per year. Look for more details! The first meeting will be held October 22nd

April

Rob Wybrecht and Barbra Wybrecht conducted a 3 hour workshop about Fetal Alcohol Syndrome, 19 people attended

Barb and Rob have presented more than 1000 times in the state of Michigan and the United States. While in Midland they presented information to parents and professionals about areas of interest relating to the day to day life of a person/family dealing with Fetal Alcohol Syndrome. The information included: Diagnosis, challenges a person might experience, expectations, factors that affect adulthood, protectiveness, secondary disabilities, mental health conditions, dependent living vs. independent living, employment, disability relating to the law, needs of a person with Fetal Alcohol Syndrome, importance of Person Centered Planning, and they shared their personal successes. They brought several examples of items/tools that have helped Rob with tasks or activities.

May

Midland County Educational Service Agency sponsored

Creating Effective Co-Teaching Programs

Everyone In Education co-sponsored

More than 200 people attended

Summer 2008

Everyone In Education is exploring modifications and accommodations needed for student success in the general education curriculum!

- Laurel Bucci

A Call for Nominations!

The Arc will be holding our annual meeting and Awards banquet on October 23, 2008. We are looking for nominations for our awards. The categories include:

Employer of the year

Educator of the year

Direct Support Professional of the year

Volunteer of the Year

Entrepreneur of the year (this will be awarded to a person with a disability who has started a successful business)

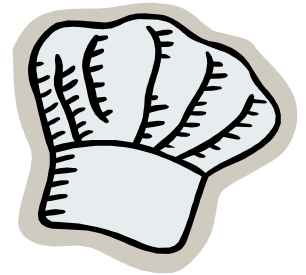
Innovation Award

Community Builder Award

Please have nominations to Jan Lampman at The Arc by September 25th.

The Arc of Midland

offers an introductory meal making class for individuals
with disabilities.



Create your own meals!

When: September 17th

Time: 6:00 pm-7:00 pm

Where: The Menu Manager, 4983 Eastman Ave.

You will learn how to put together meals for yourself, and choose meals that fit your budget and diet!

Choose 12 meals total from the menu choices below:

Lime Chicken

Mexican Meat Loaf

Bacon Burgers

Chicken Casserole

Vegetarian Manicotti

Bourbon Glazed Ribs

Cost is only **\$59.00**

This averages out to less than \$5.00 each!

Meals will be packaged in individual servings!

Call The Arc office no later than September 12th to order your meals, and make payment arrangements.

631-4439

People First

Hello to all, I hope you are having a wonderful summer! September will be here before we know it and we will be meeting again. I would like to thank all those who volunteered at various events—Loons games, the Arc Walk and Stroll, working in the office—we couldn't do it without you!

Meeting Dates: Sept 8 Oct 6 Nov 3 Dec 8 Jan 5
Feb 2 Mar 2 Apr 6 May 4

Meeting times: 6:pm to 7:45pm.....food and fun!!!

Dance Dates: Oct 16 and Dec 18 (more info to come)

Elections: Elections will take place at the September meeting for the following positions:

President Vice-President Secretary Treasurer

People First is a self-advocacy group run by and for people with developmental disabilities. Our group supports peers to learn to speak up for themselves; learn about their rights and responsibilities; learn how to make decisions and solve problems; and be contributing members of our community.

- Michelle Vouaux

Arc Walk, Roll, and Stroll

This year's Arc Walk Stroll and Roll was a great community event. The Arc of Midland received outstanding support from many community businesses, including Chemical bank, School Days, Wolverine bank, and Northwood University Bookstore, just to name a few. Thanks to the generosity of the H Hotel in Midland, Arc member Jenny Inman jumped for joy when her name was announced as the winner of the grand prize. Jenny won a one-night weekend stay in a deluxe room at the H Hotel, and dinner for two at café Zinc.



Lou E. Loon from the Great Lakes Loons and Sammy Spirit from the Saginaw Spirit led walkers in a fun high energy warm up before honorary chairperson Sheriff Jerry Nelson cut the red ribbon to begin the walk. Walkers kept their energy up with bananas provided by Glens and Kroger, and kept hydrated with bottled water provided by Elco Water. Everyone had a great time walking, stroll-

ing, and rolling on the rail trail.

After the walk, families enjoyed Arts Included activities provided by West Midland Family Center, Midland Community Center, Literacy Council, GMS, Shelterhouse, Count me in! Chippewa Nature Center, NEMSCA Headstart and Epworth Preschool. Music was provided by local bands the Killing Sons and Knockin Joe.

Overall, this years Arc Walk Stroll and Roll had something for everyone. Micro enterprises were on location to sell food and crafts, participants won prizes from many local businesses, and the music was fun and entertaining for all. Most importantly members of the community were able to join together to walk, stroll, and roll to support the Arc of Midland!

- Leah Hockaday



Advanced Funeral Planning

Recently, Chad Messinger from Ware Smith Woolever Funeral Home offered a seminar through The Arc on the importance of Advanced Funeral Planning. This article will recap some of the main points for those of you who were unable to attend this event.

A grieving family should never have to make final funeral arrangements. Dealing with the trauma of facing the death of someone that you love makes those decisions that would otherwise be difficult, all the more difficult. This is precisely why advanced funeral planning is recommended. With this service, anyone is able to make their funeral preferences known and plan the details of their funeral to alleviate their grieving family of having to make those decisions at the last minute.

The first step to funeral planning is to make an appointment with a funeral director. This first meeting will take approximately an hour to an hour and a half. The director will help gather information from you for your obituary and death certificate. He/she will also discuss with you the different details of your funeral, such as what type of service you have, service music, whether there is a visitation, etc. The director will also discuss with you the different types of merchandise available. This includes the casket, burial vault or urn. If desired, you can also pre-plan all the little details, such as the cost of the death certificate, cemetery opening and closing, flowers, luncheon, gifts to participants, etc. The funeral director can take on the responsibility of ensuring that everything goes according to your plans so that your family doesn't have to

worry about these details.

After making the plans for your funeral, you have the choice of pre-paying for it, which can be done with one payment or with a 3, 5 or 10 year payment plans. The benefit of paying for your funeral in advance is that there won't be the financial burden on your family at the time of your death and also, you only pay current prices for everything and those prices will be honored whenever your funeral takes place.

You may ask, why pre-plan your funeral? Your family can handle it. And that may very well be the case. Have you discussed with your family your wishes? Would all of your next of kin agree on what they think you want? Many family members never discuss these details, obviously because they are not the ideal dinner conversation, but then are left arguing amongst themselves because one child is sure mom would want this while the other is certain she would want the opposite.

Because of this, the biggest piece of encouragement I would give to you all, whether or not you choose to officially pre-plan your funeral with a director is to discuss your wishes with your family. Make sure that they know your desires so that when they are grieving your loss, they don't have the additional burden of trying to figure out what you would have wanted.

- Ruthanne Kehr

IMPORTANT: If you would like to receive future newsletters via e-mail rather than traditional mail, please contact Leah at The Arc, 631-4439 or lhockaday@thearcofmidland.org.

Take Me Out to the Ball Game

This summer friends of the Arc volunteered at the Great Lakes Loons first base concessions stand. On the first Tuesday of each month Arc volunteers grilled hot dogs, manned the cash registers, and served up the best customer service in the stadium! In addition to great fun, volunteering for the Loons was a wonderful opportunity for some of the people served by the Arc to be active participants in their community.

The Arc was lucky enough to have a terrific station leader, a Loons staff person who helped us, and taught us everything

we needed to know. She told us how impressed she was by our service and hard work. At the end of our last Loons game of the season our station leader said she wanted to take a picture of "my group" to remember us.

The Arc would like to thank everyone who volunteered for the Loons, we had a terrific season and helped the Arc make a positive impact on an important part of our community. Go Loons!

- Leah Hockaday

September 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Schedule of Events

- Monday, September 8, 6:00 p.m., People First Meeting, Strosacker Building
- Tuesday, September 9—Tuesday Night Classes Begin
- Wednesday, September 17, 6:00—7:00 p.m. Menu Manager
- Wednesday, September 24, 9:30—11:00 a.m. Arc Faith Group, Strosacker Building, Room 106
- Thursday, September 25, 7:00 p.m. Arc Board Meeting

Schedule of Events

- Monday, October 6, 6:00 p.m. People First Meeting, Strosacker Building
- Thursday, October 16, People First Halloween Dance
- Wednesday, October 22, 9:30—11:00 a.m., Arc Faith Group, Strosacker Building, Room 106
- Thursday, October 23, 5:30 p.m. Arc Annual Meeting, Salvation Army

October 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	