



# The Arc Connection

## August, 2011

### Grays Harbor

For people with intellectual and developmental disabilities

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#### *Out of the Shadows.....into the light*

##### **FINDS Survey -Family and Individual Needs for Disability Supports**

In 2010, The Arc of US conducted a national online survey, called the FINDS Survey, to obtain perceptions of individuals with intellectual and developmental disabilities and their families on a range of life-span issues. These issues included education, transition, employment, transportation, community living, housing, family joys and concerns, and many more relating to various aspects of living. Families from all 50 states and Washington DC completed the survey, with more than 5,000 responses. The results are representative of the people who heard about the survey and responded and may not be representative of all people with disabilities and their families. Sadly, the results discovered there are many urgent unmet needs for support keeping these individuals in the shadows of our society. The Arc recently released a report detailing the survey's top findings called "Still in the Shadows with Their Future Uncertain",

Fifty years ago, President Kennedy called on the nation to bring people living with IDD (intellectual and developmental disabilities) "out of the shadows," to give them opportunities to lead productive, quality lives.

Results from the FINDS survey shows efforts have plateaued and not nearly enough progress has been made to create these opportunities. While budget cuts and economic strain have hurt all Americans, the 7 million living with I/DD and their families are among the hardest hit, with access to needed services drastically reduced. In fact, 62 percent of caregivers reported a decrease in services for their family member with a disability. Meanwhile, budget proposals in Congress threaten to dismantle Medicaid, making it even harder for people with I/DD and their families to achieve.

According to the FINDS survey, one-third of parents and caregivers (potentially 1 million families) reported that they are on waiting lists for government funded services, with the

**Achieve with us.**

average wait more than five years. In Washington State, 13,600 people are eligible for paid services but are not receiving them due to the lack of state funding.

The survey also found that the promise of integrated, community-based employment is not being met. In fact, 85 percent of families reported that their adult family members with I/DD are not employed at all. Opportunities for inclusive education, a pre-requisite for employment, are also not being met. Too few students are completing high school – in fact, 52 percent of families reported that their family member with I/DD left school without receiving a high school diploma.

FINDS found more than 75 percent of families report problems accessing non-institutional care in the community, trained reliable homecare providers, services and resources. Families are shouldering tremendous financial strain as they've had to assume the financial and day-to-day support of their loved ones; many have even had to quit their jobs to stay home and provide care.

- ❖ 1 out of 5 families (20 percent) report that someone in the family had to quit a job to stay at home to care for the needs of a family member.

- ❖ More than 80 percent of families reported not having enough retirement savings for their future as a result of using personal funds to compensate for the lack of services available to their loved ones.

- ❖ 62 percent of parents and caregivers don't have a plan for where the person they support will live when the parent/caregiver gets older.

As a result of the report, The Arc is calling for more activism by people with I/DD and their families, launching a new effort to organize one million people to come out of the shadows and make their needs

and concerns an issue in the 2012 elections.

The Arc laid out a multi-pronged action plan calling on concerned individuals to:

- *join with The Arc to promote and protect the rights of people with intellectual and developmental disabilities*
- *engage current lawmakers and candidates for office in the issues*
- *make their voice heard in the halls of government*
- *encourage employers to hire people with I/DD*
- *share with us their challenges and success stories.*

If you would like to share your story, go to

<http://www.thearc.org/sharewithus>

Fill out the short form and type in your story. For more information or a copy of the FINDS survey report, contact The Arc of Grays Harbor at 360-537-7000 or stop by the office at 120 W. 1st , Aberdeen.

This survey was only available to those with access to computers and the internet, and those that spoke English. Ethnic and cultural minorities that do not speak English were not included. Equal representation from all states was not achieved. The data may be considered to be a conservative indicator of some issues faced by the respondent population. The reason we say "conservative" is that people connected to the internet may have more discretionary income to pay for or access internet services and so our respondent pool may represent the more well-off families that are connected to I/DD. The results here may not reflect the true depth of impact that the population is experiencing. But it does show consistently that the needs of people with I/DD and their families is not being met in all areas.

## IMPORTANT NOTICE:

### Individual and Family Services Program Reinstated Effective

**July 1, 2011**

On June 15, 2011 Governor Gregoire signed the budget bill passed in the 2011 legislative session that reinstates The Individual and Family Services (IFS) program, which was suspended in December 2010. Funding for the program was reduced by 10 percent, but award amounts will remain the same as they were before the reduction. Individuals will need to choose between two programs.

If you were converted to State Supplementary Payment (SSP) due to the IFS Suspension :

- You have the option to return to the IFS program. If you choose to return, you must notify your Case Manager no later than August 15, 2011. Your ISP will need to be amended to reflect this change

- If you have a current DDD assessment that has been completed in the last 12 months and you have been receiving SSP in lieu of the IFS, you may choose to continue to receive SSP in lieu of IFS and no action is necessary. You will receive an increase in your cash payment effective Sept. 1, 2011.

Contact your case manager for more details.



**Autism Society of Washington**

### Online Resources for Autism

#### Autism Society of America (ASA)

Website: <http://www.autism-society.org>

#### Autism Speaks

Website: <http://www.autismspeaks.org>

#### Online Autism Support Group

email Elaine Rinker: erinker@ssp2p.org

#### Sign up for ASW E-Newsletter

[www.autismsocietyofwa.org/newsletter](http://www.autismsocietyofwa.org/newsletter)

## Margaret Lee Thompson Retires after 21 Years as Parent Coalition Coordinator for The Arc of King County



*Margaret Lee Thompson reacts to a proclamation by the King County executive declaring Tuesday, July 12 as Margaret Lee Thompson Day.*

Margaret Lee Thompson, 66, has been one of the State's leading advocates for the rights of people with developmental disabilities. When her son was born with Downs Syndrome she was committed to ensure that Dan would live in a community that was inclusive, fair and supportive of human rights for people with developmental disabilities. She never gave up on him or let anyone sell him short. When he was about to graduate from high school and didn't have a hope of finding work, she went to a town meeting, stood up and spoke out. People listened and they've been listening ever since!

Thompson's son, Dan, got a job at Microsoft, where he worked in the mailroom for 14 ½ years before his death five years ago. "Dan was such a hard worker," she said. "He wanted to work, and our family supported him." "If you can find something that they do well, you can connect them," she said. Dan was good at putting things in the right place and he liked to read. Microsoft's mailroom, where he was "the most accurate and fastest sorter," she said, was a good fit. "I like my job, he used to say. I work for Bill," Thompson said. When he died, Microsoft flew its flag at half-staff.

"No one was getting jobs in the 1980s," Thompson said of those with developmental disabilities. "None." Today, many more people with developmental disabilities can find work — doing office jobs, bagging groceries, even working as advocates for community groups. Much of the credit for such advances goes to parents like Thompson. Determined to witness a change in her lifetime, has been a catalyst for changing community and government mindsets and systems. Through her work, she has built solid working relationships with parents, legislators, staff, volunteers, board members, and community partners. She is a teacher and a leader who has kept the vision to unite individuals to build a better community for all people.

The Arc of US National "Advocacy Matters!" Award was presented to Ms. Thompson on November 5, 2010, at The Arc's National Convention in Florida. She has been a significant part of the history of the developmental disabilities movement and hopefully her influence will continue on in the hearts and minds of the next generation.

## Family Mentoring Project

Supporting families through the process of moving a family member from a Residential Habilitation Center (RHC) to the community is extremely important to the success of consolidation efforts. The 2011 Legislature funded a Family Mentoring Project to provide information and support to families and guardians going through this process.

Rosemary Krueger is the Coordinator for the project and Cathy Knight will be collecting data and supporting Rosemary's contact with families.

Rosemary is the mother of a 43-year-old daughter who lived at Fircrest for nine years and is now happy and well cared for at Alpha Supported Living Services in Bellevue. Rosemary states that her daughter's overall health has improved dramatically due to access to a variety of community doctors, her challenging behaviors are markedly improved, she has a volunteer job and she participates in interesting community activities.

Rosemary is available to meet with families who either have or have not yet made the decision to move a loved one from an RHC. She has lived the story, felt the fears and moved to a new and better life for both herself and her daughter. Rosemary will listen to families' stories, sympathize with the emotions they are feeling, explain community services and programs and suggest helpful strategies for making the process successful. She has developed her own checklist of assurances for vigilant involvement.

The Family Mentoring Project is an additional resource for parents, guardians and division staff in supporting people through change at RHCs.

Rosemary can be contacted at: 360-878-7579 or emailed at: [rosemarymkrueger@gmail.com](mailto:rosemarymkrueger@gmail.com)



Rosemary and her daughter Brandi.



# Thoughts from Todd

I am thrilled to hand off my regular monthly column “Thoughts from Todd” to one of our esteemed Board of Directors members. Let me take just a minute to tell you about this special group of people. As an organization the Arc is blessed to have such dedicated group of leaders guiding us in the pursuit of our mission of improving the lives of people with disabilities. This group serves as the directing force behind our staff and volunteers; they serve with their time, money and resources to insure that we stay on mission and remain viable for years to come. Thank you to all who serve in this vital capacity and let me take just a moment to welcome our newest Board Member, Elyce Chase, look for her profile on our website update. Again, thank you for all you do! If you are interested in learning more about our Board of Directors or joining the team please contact me at The Arc office.

*Todd*

## NEW PARENTING CHALLENGES

By Jack Dwyer

Our family was recently blessed with a new addition that brought some unexpected challenges. In June we received a young boy through the Foster System. It has been an exciting time for our entire family and I have particularly enjoyed spending time with our new son.

As part of my role as a Board Member for The Arc of Grays Harbor, I have often taken part in various activities such as basketball, softball, bowling, and picnics. I also enjoy attending People First events.

Being a new foster parent has given me the opportunity to introduce our son to The Arc events and Special Olympic Games. However, he has never had experience in relating to people who have disabilities or challenges, so I was faced with the question of how to introduce him into this community in a way that he would be comfortable around all people. What he has discovered is that folks with disabilities really just want a chance to do the same kind of things that he likes to do. At the recent barbecue for The Arc, we all did the same things: ate hamburgers (thanks Todd), threw water balloons, played games like ladder and bean bag toss, and soaked up the sun!

My hope is that my son comes to understand what I have learned. That we are all just “people first”. Never has that motto been clearer to me than as a brand new dad with new responsibilities to teach a little one. It also occurred to me that it is really just another way of looking at our entire society. So many people have simply never gotten to know people with disabilities. They don’t realize that we all just want to be invited and accepted, and that everyone has gifts to share. As we go forward, I’d like to see more opportunities to encourage people to get to know the goodness of folks who are a part of The Arc. Let’s invite legislators, civic leaders, and the community in general to our events. As it is my responsibility as a parent to teach, it is the responsibility of all of us to reach out to the larger community and invite them to know us.



Jack Dwyer, Vice President of the Board of Directors for The Arc

# The Arc's Summer BBQ



# The Arc In Action

## Volunteer Training Class



All volunteers for The Arc are required to attend one volunteer training as part of the criteria needed to be a volunteer. Volunteer workshops are offered throughout the year so participants have a flexible

schedule to attend. Two classes are being offered in August. If you have not participated in a volunteer training and would like to be a volunteer, please try to attend one of the following workshops. All classes are held at The Arc Office 120 W. 1st, Aberdeen.

Call us @ 533-7000 to sign up or more information

**Sat, Aug. 13th--10am -12pm**

**Sun, Aug. 21st— 4pm-6pm**

**GET OUT YOUR  
BOWLING  
SHOES!!**

Bowling starts in September!



## Bowling Meeting:

**Saturday, Sept. 3, 2011**

**2pm-3pm-Community Meeting Room at South Shore Mall**

[Coaches & Volunteers, please come at 1:00 for pre-meeting]

## August 10-14, 2011



## KUDOS

**TO ALL  
GOLFERS &  
SOFTBALL / T-BALL  
PLAYERS!!**

Athlete Certificate Awards and End of Season Party will be August 28th, 2011 following the Exhibition Softball Game at Pioneer Park in South Aberdeen

(see flyer insert for details)



Todd Faulkner

## The ArcGH Wants To Make Life Easier For You

Learning that your child has special medical needs or different abilities can be a devastating and traumatic experience. Families have questions and concerns about coping with their loved one's needs through various stages of their lives

The Arc wants people to know:

**"You are not alone, we've been there, and we're here for You."**



Tori Board  
Program Director



Loretta Marlow  
Family and  
Transitions  
Specialist



Charlene  
McCarty  
Information  
and Resource  
Director



Crime Victims  
Advocacy Network  
offers free,  
confidential services  
to victims of crime. For additional  
information or assistance, 24 hours a  
day, call at **1-866-711-2826** or visit  
the web site at [www.cvan11.org](http://www.cvan11.org)



Beyond Survival is a sexual assault resource center committed to educating and empowering all people impacted by sexual violence.  
313 South I Street Aberdeen WA 98520 (360)533-9751  
<http://www.ghbeyondsurvival.com>



# **EXHIBITION SOFTBALL**

*Join The Arc for an afternoon of baseball fun!!*

**Grays Harbor Hawks & Panthers**

**vs.**

**Local Community Professionals  
& Media Personalities!!**

**Saturday, August 27, 2011**

**Pioneer Park, Aberdeen**

***Exhibition Game starts at 11:00am***

**After the Game**

**BBQ**



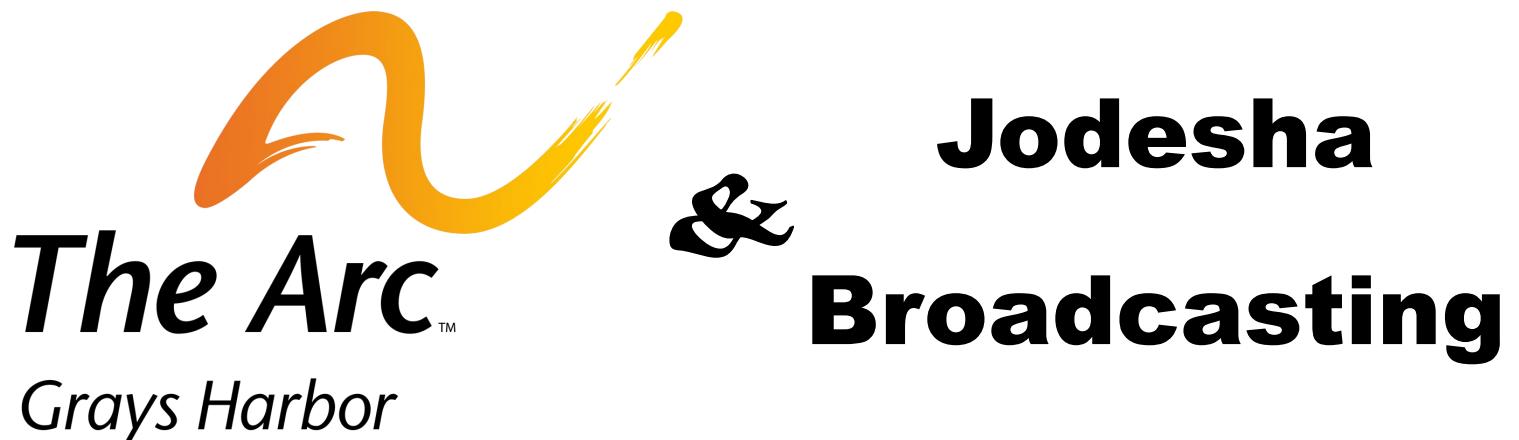
**End of Season Party**

**Golf & Softball Awards**



# **EVERYONE INVITED!!**

*Popcorn  
Cotton Candy  
candy bars &  
Drinks for sale*



# Arcathon!

**Friday August 19th, 2011**

**6am-12pm-1520 Simpson Ave**

**Promoted by all Jodesha local stations**

**The Arc will be there to accept donations !**

**Tune in—Call in—Drive-by**

**& show your support!**

**Donations will be taken at Sunny 102.1  
1520 Simpson Ave, Aberdeen**



# AUGUST EVENTS IN AND AROUND YOUR COMMUNITY

No more excuses about “nothing to do” this summer! Here is just a partial list of activities and events we found going on around our community! Join In!! Some are free or low cost—all are inclusive! Enjoy your summer!!

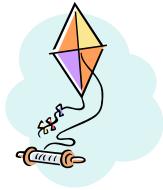
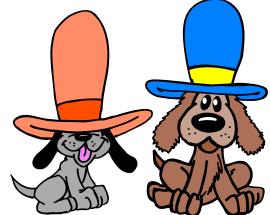


**I Spy!!**

The Arc has a challenge for you! If you see any of The Arc staff (Todd, Tori, Loretta or Charlene) at any of these community events, come up and say “I spy!”, and we will list your name in next month's newsletter under “Community Inclusion at Work & Play”. We may ask for a comment from you on your experience of that event and may ask to take your picture which we will include along with your name. So, get out there and enjoy some of these fun events and hopefully you can “Spy” one of us!!



- 8/3–40th Annual Hoquiam Pet Show from 1pm to 2pm at Olympic Stadium in Hoquiam
- 8/10–Destinations: A Scavenger Hunt— all day Hoquiam Library
- 8/10 thru 8/14/—Grays Harbor Fair (Come visit The Arc booth)
- 8/12—The Fantasticks Play—7:30pm— The Grayland Hall
- 8/13 & 14—Fun Fly Kite Flying—All Day—Ocean Shores
- 8/20 & 21—Westport Art Festival—All Day—Westport
- 8/26 & 27—Mad Max 2—7:30pm—7th Street Theater, Hoquiam
- 8/27—Hoquiam Library 100 year anniversary —1:00—Hoquiam
- 8/27 & 28—On Track Art Festival—All Day—Hoquiam
- 8/27—Celebrity Softball —11:00pm-3:00pm—Pioneer Park
- 8/28—Customs NW Car Show—All Day—Elma Fairgrounds



# Helping Hurting Teens

Wednesday, August 10<sup>th</sup>, 2011

Aberdeen High School Auditorium

6:30pm - 8:30pm

**COMMUNITY RESOURCE ASSEMBLY WILL IMMEDIATELY FOLLOW**

The Grays Harbor Mentoring Roundtable is proud to offer this FREE 90-minute presentation which will help participants to understand depression and how it affects young people, to recognize and know the warning signs of depression and suicide, and most importantly, to help our young people who are dealing with depression or suicide.

This training is for anyone who cares about a youth or young adult, including professionals, parents, family members, and teens!

## Topics Covered Include:

- How depression affects young people
- Warning signs of depression
- Risk Factors Including:
  - Alcohol/Other Drugs
  - Bullying
  - Family Changes
- Developing Protective Factors in Your Home and Community

"Helping Hurting Students" is presented by Aaron Chidester, Executive Director of Unite 4 Life. Aaron has worked with teens full time for the last nine years as a mentor, public speaker, youth pastor, program director, football coach, and more. He turned his life around from depression and drug

addiction at the age of 21 and has been giving back to young people ever since. He is trained and certified in the suicide prevention field through Suicide Prevention Resource Center, American Association of Suicidology, and Dare To Live.



[www.unite4life.com](http://www.unite4life.com)

**FOR MORE INFORMATION:**

Call: 532-8631 x479

[eschreiber@co.grays-harbor.wa.us](mailto:eschreiber@co.grays-harbor.wa.us)



**The Arc**<sup>TM</sup>

*Achieve with us.*

Grays Harbor

For people with intellectual and developmental disabilities



# AUGUST 2011

SUN	MON	TUE	WED	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10 Board Mtg 5:15pm– 7:00 Arc office	11 NAMI— Ed Nights- Aberdeen (See back)	12	13 Volunteer Training 10-12 Arc Office
14	15 NAMI—Ed Nights-OS (See back)	16	17 People First Meeting (see back)	18	19	20
21 Volunteer Training 4-6 Arc Office	22	23	24	25	26	27 Exhibition Baseball Game 11am (see page 6)
28 People First BBQ 4-6 (Stewart Park)	29	30	31			

## NOTES

**Bowling Meeting—Saturday, Sept. 3rd, 2011—2pm-3pm**  
**(Coaches & Volunteers please come at 1:00 for pre-meeting)**



**Parent-to-Parent** strives to build partnerships between the families and the professionals who serve people with disabilities. **You are not alone!** We provide information, resources and support to families who have a loved one with special needs with special questions. Parent-2-Parent provides a variety of educational workshops and trainings along with groups for networking or emotional support for young parents with newborns to senior parents of adult children with disabilities. For more information call The Arc 360-537-7000



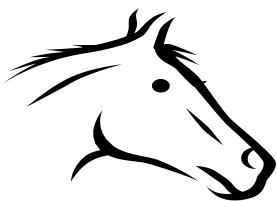
**Arcin' Round the Community**— people of all ages and abilities, participating in activities, clubs and organizations **already in the community!** Individuals in need of one on one assistance and/or supervision must provide their own support person at the activity/event. All activities are overseen by the program coordinator staff and volunteers. Call The Arc office 360-537-7000 for more information



**Sports & Fitness-** The ArcGH. Using competitive sports and fitness activities to nurture personal growth and promote healthy lifestyles. The teams compete at Special Olympics Washington events. There are teams throughout Grays Harbor and Pacific Counties and most recently a unified team of younger adults. The sports, practices, and events will be posted in newsletter or available at The Arc office (120 W. First Street). For physical forms and additional information please contact The Arc office 360-537-7000



**Young Athletes** - another part of the Sports & Fitness Program. A collaboration with Special Olympics and local area elementary schools. An innovative inclusive sports play program for children 2 to 7 that pursues the goal of engaging children with appropriate play activities designed to foster physical, cognitive, and social development. The inclusive peer participation raises awareness about the abilities of children with intellectual/developmental disabilities and teaches diversity and tolerance for those differences at a young age.



**Hope from Horses** – provides horseback riding for individuals with disabilities, enhances community awareness and acceptance of individuals with disabilities. Riding sessions are held at the Grays Harbor Fair Grounds, the 2<sup>nd</sup> and 4<sup>th</sup> Monday of the month, beginning in October and runs through May at 6:30pm. Call Becky Larsen at 249-3789 for more information.



**People First of Grays Harbor** – The purpose/mission of People First is “to assist people with disabilities to realize and appreciate that they are PEOPLE FIRST and their disabilities are secondary; that they are equal citizens in their communities.” People First meetings are held the 3<sup>rd</sup> Wednesday of the month from 5:30 – 7:00pm at 2109 Sumner Ave (Pearsall Bldg/Health Dept) in Aberdeen. For more information call Betty Beckett 249-2099



**“NAMI” National Alliance On Mental Illness- The Nations Voice on Mental Illness** Is a non-profit, grassroots self-help, support and advocacy organization for people with brain disorders. Supportive Education Nights in Aberdeen are the 2<sup>nd</sup> Thursday of the month at Pearsall Bldg. 6:00pm (call 532-0370 for more info) and in Ocean Shores on the 3<sup>rd</sup> Monday of the month at Galilean Lutheran Church- 6pm (call 289-4884 for more info).