

Submit your nominations for 2009 SPARC Awards now

The Arc in Jefferson County is now accepting nominations for our 2009 SPARC Awards. These awards were created to honor everyday people in our community who have shown outstanding support for our organization and the individuals with disabilities that we serve.

Previous winners include coaches, teachers, parents, elected officials, community leaders, and professionals from the disability field. The only requirement for consideration is that the nominees have made a difference in the lives of people with disabilities.

All nominations are reviewed by a committee which selects this year's winners. Award recipients will be honored at a special reception held in October.

Luckily, making a nomination is very simple. We just need the following information:

- Your name and contact information;
- Nominee's name and contact information; and
- Your reason for nominating this person or group.

If you would rather use an official form, you may download one from our web site at www.arcjc.org or contact Mike at



Oops!

A typo in our last newsletter implied we were not accepting nominations, instead of now accepting nominations. Please mail yours by September 1, 2009.

(303) 232-1338 x208 to have one mailed to you.

Completed nominations must be received in our office by Tuesday, September 1 at 5:00 PM. Completed nominations can be submitted by:

- Hand delivery;
- Fax to (303) 232-9370;
- Email to info@arcjc.org;
- Mail to 8725 W. 14th Avenue, Suite 100, Lakewood, CO, 80215

This year's ceremony will be held Tuesday, October 6th from 6:00 to 7:30 p.m. at the Wheat Ridge Recreation Center. Light refreshments will be provided. Seating is limited and RSVP is required. Due to space limitations, we will not be able to accommodate walk-ins.

For more information or to RSVP, please contact Tonya Kelly at (303) 232-1338 x205 or by email at tonya@arcjc.org.

Help us go green! Sign up for our email list!

Stay on top of the latest news from The Arc in Jefferson County by signing up for our email list. This list is used to issue important updates and time-sensitive information.

Our email list was a vital tool

in last November's Amendment 51 campaign and has been critical as we disseminate information about changes taking place in the service delivery system.

To sign up for our email list, visit us online at www.arcjc.org,

click Get Involved and then Join Our Mailing List. Or you may email Mike Young at mike@arcjc.org and request to be added to the list.

The Arc in Jefferson County

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What's all the fuss about Mobilizing Families?



Hopefully by now most of you are familiar with *Mobilizing Families*, our award-winning training program for families of young children with disabilities. *Mobilizing Families* is designed to give participants the essential tools to navigate the complexities of the disability world and better advocate for their children's needs.

Maybe you've heard about *Mobilizing*, but you're just not sure the training is right for

your family. Well, you're not alone. Nearly all of our graduates have shared how nervous they were to enroll, but *all* of our graduates have been grateful that they took the chance.

Over the course of nine Thursday evenings, *Mobilizing* participants learn about topics such as special education law and the IEP, how to access Medicaid and insurance, and how to develop resources in the community – to name a few.

By the end of the session, participants have amassed a large binder full of information, tips and resources to help them get the support they need for their child.

One grandmother told us that after just eight nights of

Mobilizing, she had been able to gather more information than she had been able to find in the previous seven years!

Still not sure if *Mobilizing Families* is right for you?

In addition to learning critical skills and developing an arsenal of resources, *Mobilizing* is a great opportunity to connect with other families.

When a child is first diagnosed with a disability, families are often overwhelmed with everything they need to do, and usually they're not sure where to start or how to get started. This confusion is often amplified by the fact that no one around you seems to know what you're going through or how to help.

Mobilizing Families helps parents connect with others who are struggling with similar issues, and together all families learn how to advocate for themselves and each other.

Thanks to the generous support of the McDonnell Family Foundation, training, meals and child care are provided *free of charge*. How can you beat that? Dinner, respite, education, and community – all for free!

The next session of *Mobilizing Families* begins Thursday, September 10, with meetings on Thursday nights through November 5.

For more information or to register, please contact Jo Lynn Osborne at (303) 232-1338 x206.

What are you waiting for?

Getting Connected

Below is an abbreviated list of agencies and community resources in the Jefferson County area. For additional resources, please visit our Web page at www.arcjc.org.

Access-A-Ride (303) 299-2960: Provides curb-to-curb transportation to passengers who are unable to use RTD buses and qualify for certification under the guidelines established by the Americans with Disabilities Act (ADD) of 1990.

Developmental Disabilities Resource Center (303) 233-3363: Services and resources are provided for people with developmental disabilities in Jefferson, Clear Creek, Gilpin and Summit counties.

DDRC Early Childhood Connections (303) 233-3363: To enhance opportunities and support for families of young children with special needs as an integral and valued part of their chosen communities.

Disability Center for Independent Living (303) 320-1345: Centers for Independent Living (CILs) are private, nonprofit corporations that provide services to maximize independence of individuals with disabilities.

Empower Colorado (866) 213-4631: Support, education and advocacy for families of children with mental or emotional health issues, also referred to as brain disorders.

Family First (303) 914-6307: Provides resources to help families obtain respite and child care.

Family Voices (303) 973-5780: National grass roots organization composed of families and friends who care for and about children with special health care needs.

JFK Partners: (303) 315-2323: An interdisciplinary program to support people with developmental disabilities at University of Colorado Health Sciences Center. www.jfkpartners.org

Jeffco Action Center (303) 237-7704: Serving homeless people and those at risk of becoming homeless.

Jefferson County Department of Health (303) 232-6301: Provides a variety of services and supports for people with specialized health care needs including WIC and HCP.

The Legal Center for Persons with Disabilities and Older People (303) 722-0300: Protecting the human, civil and legal rights of people with mental and physical disabilities, people with HIV and older people throughout Colorado.

Mental Health Ombudsman Program of Colorado (303) 813-1173: Serves residents enrolled in and receiving mental health services through Medicaid managed care.

Parent to Parent of Colorado (877) 472-7201: Connecting families of sons and daughters with disabilities or special health care needs in communities across Colorado.

ABOUT US

The Arc Independent is a publication of The Arc in Jefferson County, a local unit of The Arc of the United States and The Arc of Colorado.

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Weis weighs in with updates to SLS changes

By Jeanne Weis
Director of Adult Advocacy

The impact of the SLS changes has begun to affect people in different ways. Some people have had major impacts to their services that were effective immediately, while others seem unaffected at this time. Some are floundering without the support of a Supported Liv-

ing Consultant, while others are learning to navigate the system on their own.

Colorado SLS participants are facing devastating changes in their lives, and really have little or no recourse at this time. The bottom line is based on medical necessity, with "quality of life" issues no longer being considered fundable.

I'd imagine that when the service plan (former individualized plan) is developed/annualized for individuals in the up-

coming year, most will take notice—if they haven't already. There will be an opportunity to appeal the action at that time, so if you haven't taken any official action yet, fear not! Your chance will come!

At this time, the Colorado chapters of The Arc are putting together "A Family Guide to SLS Waiver Services" designed to explain the changes and help individuals and their families understand the services and supports available addressing

many of the questions that most individuals and families are facing. The final guide should be available soon.

My true concern is that these changes are basically getting Colorado into compliance with current federal Medicaid billing standards, and really not at all related to any pending state budget reductions or Medicaid reductions that will be coming in 2010 and on down the line.

ANNOUNCEMENTS

The Developmental Disabilities Resource Center dedicated their Memory Garden on May 27, 2009. If you have a family member that has died that you would like to have a dedicated brick in their garden, please contact Dianne Hitchingham at DDRC, (303)233-3363.

A group of stakeholders are meeting with the Division for Developmental Disabilities to address the issue of there no longer being Medicaid waiver funding for **Non Integrated Work Services**. This is a very complex issue, with many parties represented, and more information will become available as some of the "unknowns" are explored.

Save the date... for November, 2009: Official proclamation of November 2009 as Colorado Family Caregiver Appreciation Month! Hats off to our incredible family caregivers for their on-going support!

Speaking for Ourselves of Colorado is holding their "every other year" conference at the Easter Seals Camp -- Rocky Mountain Village -- October 24-25, 2009. For more information or to sign up, please contact People First Advisor -- Jeanne Weis, x204.

Help us improve access-a-Ride

The Jeffco Transportation Task Force is currently working with the Colorado Cross-Disability Coalition (CCDC) to improve the quality of services provided by access-a-Ride. At this time, there are only a few documented formal complaints with access-a-Ride, so they are apparently not aware of some of our alarming concerns. Our goal is to work with access-a-Ride to improve services.

We are very aware there are a number of complaints regard-

ing service and safety related issues. HELP us make access-a-Ride aware of the real number of problems that occur! We are inviting you to formally voice your concerns/complaints by contacting:

1. **ACCESS-A-RIDE:** Report complaints to directly to access-a-Ride at (303) 299-6000, x5 or email formal complaint to cis-mail@rtddenver.com. Remember to request a response to your complaint.

2. **CCDC:** Call/leave a mes-

sage for Briana at the CCDC, (303) 839-1775, x5. A copy of complaint can be sent to bmccarten@ccdconline.org.

If you would like the official form that CCDC is circulating to use for formal complaints, please contact Jeanne Weis, xX204 for a copy. Thank you for your help with this project, and we hope that the services will improve as a result of this process.

Developmental Disabilities Summit to be held Aug. 21

Note: Excerpted from the Colorado Developmental Disabilities Council newsletter

There will be a one day meeting of advocates, self advocates, family members, agencies, providers, and all interested stakeholders representing the Colo-

rado developmental disabilities community. The purposes are:

1. Clarify and affirm statements of our commonly shared values and principles needed to guide services and supports for people with developmental disabilities across the life span.

2. Clarify the current status of the service system to identify threats or barriers to our values.

3. Identify next steps to insure that as a community we address current and future challenges in ways that are consistent with our values.



Want more news? Be sure to check us out on Facebook and register for The Arc's email list!

PHOTO BY JIM MARTINEZ



FAR LEFT: Board member Deb Karsell with her grandson Silas. CENTER: Jeff Alexander sports a colorful hat. BELOW: Board member Rachel Baldon with son Jeramiah Padilla.



PHOTO BY JIM MARTINEZ



PICNIC!

It was a picture-perfect Colorado day for The Arc in Jefferson County's annual picnic on July 15th.

Roughly 325 of The Arc's supporters came together for great food, live music, a magic show, custom balloon creations, and – most importantly – to connect with others in the community. Several elected officials also came out

to show support for our families.

A special thanks to Director of Adult Advocacy Jeanne Weis and her band of merry musicians who provided lively Irish music throughout the evening.

Thanks also to the many volunteers who gave their time. Jim Martinez, Sarah Hughes, and Mary Beth Graff all took pic-

tures while Jessica Hansen, Kasey Rock, and Trish Hawkins helped out with the kids' activity area.

Check out more photos by linking to our Facebook page from our web site www.arcjc.org.

BELOW: Joan Jurann shows off her face painting.



PHOTO BY JIM MARTINEZ



PHOTO BY SARAH HUGHES



PHOTO BY JIM MARTINEZ



PHOTO BY MARY BETH GRAFF

LEFT: Owen Young, son of Barb and Mike Young, plays with the bubble wand. CENTER: Longtime members Connie and Kathi Thurlow. RIGHT: Mike King with his grandson Billy.



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1) Adult Advocate Jeanne Weis played live music with her band. 2) Magician Stuart Hayner gets assistance from Lisa and Stephanie Bridges. 3) Board members Barb Young and Lisa Madsen. 4) Sam Martinez, Cooper Young, and Luke Hittle are engrossed in the magic show. 5) The Arc's summer intern Chantel Benavidez applies a tattoo on Autumn Lucy, the granddaughter of Connie Thurlow.



2



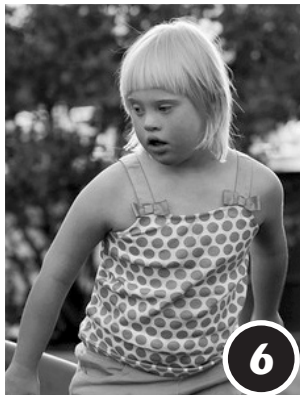
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PHOTOS BY MARY BETH GRAFF: 1, 6, 8, 10
 PHOTOS BY JIM MARTINEZ: 3, 4, 5
 PHOTOS BY SARAH HUGHES: 2, 7, 9

6) Rachel Vint on the playground. 7) Lori Espinoza watches the magic show. 8) Stacey Unrau climbs the ropes with guidance from her father, Jack. 9) Eli Eckhoff rocks out on the rocking horse. 10) Educational advocate Corinne Gray with her daughter Kali.

TRY ANOTHER WAY

a story of self-determination

The passage below is an excerpt from the introduction of *Try Another Way: A Story of Self-Determination* by Interim Executive Director Jo Lynn Osborne. To purchase a copy of the book, please visit us online at www.tryanotherway-book.com or call (303) 232-1338 x0. Each copy is \$15.00 plus tax. If you want to pick up your copy in person, please contact us at the number above or email us at info@arcjc.org.

This story begins with an unexpected gift. Have you ever received an unexpected gift? One that was meant for you, but you weren't sure you could handle it? My unexpected gift required me to make significant changes in my life, to walk paths I never even dreamed of exploring. My gift came with no special instructions other than to take it home and love it. It was my responsibility to make sure my precious gift was nurtured, cared for, and given the opportunity to be all that it could be.

My unexpected gift arrived on May 22, 1975. We were a typical family of four with a new puppy and two new babies on the way. Well, there were a few surprises in store for us. The day our sons were born changed everything about our lives. There were serious complications with the delivery that sent our family spiralling into chaos and despair. In the months afterward, our son David was diagnosed with cerebral palsy. I couldn't see how our family would ever recover, but we did, and this book is about how it happened.

This is a story about a boy born into a typical family, how that family faced extraordinary circumstances, and, ultimately, how this boy challenged the word around him to take him on his own terms, disability or not. This is the story of my son's quest for self-determi-



nation, a journey that has amazed many of the people in his life; at times I'm sure he has even surprised himself.

In 1975, there were very few resources for parents of children with disabilities. I didn't know what to expect for our lives, and I was hungry for any information that would help me raise my son. Early on in David's life, I came across a video about Marc Gold, a man who taught people with severe disabilities to put together intricate bicycle parts. In the video, Gold shared how he taught people who were considered "unemployable" how to make a living, saying simply, "When you're working with people, if you can't figure something out one way, you try another way."

Gold's message has been echoing in my head ever since. This simple advice—*try another way*—has been my saving grace on many occasions as I struggled with the unique concerns and frustrations of parenting a child with a disability. This single piece of advice has guided me for nearly three decades as I worked vigilantly to ensure my son had every opportunity that any other child would have. Things that worked with our other children didn't always work with David, and "Try another way" became a mantra as I tried different techniques and strategies to help him do what he wanted and be included in all aspects of life.

Like all the different approaches I tried with my son, this book itself is another way of sharing some of the things that worked for me and my family, not a how-to book with all the answers. This book is a reminder for each of you to not grow discouraged if things don't work out as you had hoped or planned, if you're first approach backfires. Whatever you're trying to achieve will most likely come together, but you may have to try several strategies before you get there. Don't let frustration stop you.

I hope this book helps you as you find your own way on this difficult yet joyous path.



Trainings for parents and students announced

Workshop Series for Parents with Students on the Autism Spectrum: Workshop will focus on topics related to youth with autism ages 14 and up. Sponsored by The Arc in Jefferson County, Autism Society of Colorado, and the Jeffco Public Schools Diverse Learners Staff.

<i>Understanding the Educational System for Youth with Autism in Jeffco Schools</i> , presented by Jeffco Schools. (FREE)	WHEN: Tuesday, October 20, 2009 6:30 to 8:00 PM, Check-in at 6:15 PM. WHERE: The Autism Society of Colorado, 550 S. Wadsworth Blvd. #100, (basement of FirstBank)	Registration not required. Light refreshments will be served. Limited child care is available with pre-registration. Parents who will be bringing children <i>must pre-register</i> with Bridget at (720) 214-0794 x10 or by email at bridget@autismcolorado.org .
<i>Family Panel on Home and School Partnership</i> , presented by The Arc. (FREE)	WHEN: Tuesday, November 17, 2009 6:30 to 8:00 PM, Check-in at 6:15 PM. WHERE: The Autism Society of Colorado, 550 S. Wadsworth Blvd. #100, (basement of FirstBank)	Registration not required. Light refreshments will be served. Limited child care is available with pre-registration. Parents who will be bringing children <i>must pre-register</i> with Bridget at (720) 214-0794 x10 or by email at bridget@autismcolorado.org .
<i>Building Life Skills for Youth to Adulthood with Autism</i> , presented by the Autism Society of Colorado. (FREE)	WHEN: Tuesday, January 19, 2010 6:30 to 8:00 PM, Check-in at 6:15 PM. WHERE: The Autism Society of Colorado, 550 S. Wadsworth Blvd. #100, (basement of FirstBank)	Registration not required. Light refreshments will be served. Limited child care is available with pre-registration. Parents who will be bringing children <i>must pre-register</i> with Bridget at (720) 214-0794 x10 or by email at bridget@autismcolorado.org .

Workshop Series for Parents of Students with Disabilities. Presented by The Arc in Jefferson County and Jeffco Public Schools Diverse Learners Leadership Team.

<i>What is a Special Education Advisory Committee (SEAC)?</i> (FREE)	WHEN: Wednesday, October 28, 2009 6:30 to 8:00 PM, Check-in at 6:15 PM. WHERE: Jeffco School's Education Center, Board Room, 1829 Denver West Drive, Bldg. 27	SEAC is an advisory panel made up of parents, school staff and community representatives that advises school districts on special education topics. Learn about Jeffco Public Schools' new SEAC and how you can become involved. Meet Laura Munro, the new Executive Director of the Department of Diverse Learners. Registration not required. No child care.
<i>Components of an IEP, including Changes in IDEA '04.</i> (FREE)	WHEN: Wednesday, February 24, 2010 6:30 to 8:00 PM, Check-in at 6:15 PM. WHERE: Jeffco School's Education Center, Board Room, 1829 Denver West Drive, Bldg. 27	Registration not required. Light dessert served. No child care.

Become a Member of The Arc in Jefferson County!

Please check the appropriate membership box:

- Individual (1 vote) \$20.00
- Household (2 votes) \$30.00

Individuals with a developmental disability are eligible for a 75% discount on dues. Please choose one:

- Individual (1 vote) \$5.00
- Household (2 votes) \$7.50

I would like to make an additional donation to support The Arc's activities:

- Amount \$_____

Full Name _____

Phone _____ Alt Phone _____

Email _____

Address _____

City _____ State _____ Zip _____

Do you or another family member have a developmental disability? Yes No

Payment Method: Cash (enclosed) Check (enclosed) Debit/Credit Card

Credit Type (circle one): VISA / MC

Credit Card Number: _____

Exp. Date: _____ Signature _____

Please send your completed form to: The Arc in Jefferson County, 8725 W. 14th Ave, Ste. 100, Lakewood, CO 80215

Calendar of Events

August 2009

Monday, August 3

SFO Conference Call. Call (303) 232-1338 x207 for more information.

Wednesday, August 5

Think Different Tour, ArcJC Offices, 12 PM.

Rocky Mountain Partners Aktion Club. ArcJC offices, 4 to 5 p.m.

People First. ArcJC offices, 6 to 7:30 PM.

Wednesday, August 19

Rocky Mountain Partners Aktion Club. ArcJC offices, 4 to 5 p.m.

Board of Directors Meeting. ArcJC offices, 6:00 to 8:30 p.m. *Open to the public.*

Thursday, August 20

People First Coffee House. Atlanta Bread Company, Alameda & Wadsworth, 6:00 to 7:30 p.m.

Friday, August 21

Developmental Disabilities Summit. 9:00 AM to 4:30 PM. Summit Event Center, 411 Sable Blvd. N., Aurora.

September 2009

Wednesday, September 2

Think Different Tour, ArcJC Offices, 12 PM.

Rocky Mountain Partners Aktion Club. ArcJC offices, 4 to 5 p.m.

People First. ArcJC offices, 6 to 7:30 PM.

Monday, September 7

ArcJC Offices closed for Labor Day.

Thursday, September 10

Mobilizing Families, Week 1. ArcJC offices, 6:30 to 8 PM.

Wednesday, September 16

Rocky Mountain Partners Aktion Club. ArcJC offices, 4 to 5 PM.

Board of Directors Meeting. 6:00 to 8:30 PM.

Thursday, September 17

Mobilizing Families, Week 2.

People First Coffee House. Atlanta Bread Company, Alameda & Wadsworth, 6:00 to 7:30 PM.

Thursday, September 24

Mobilizing Families, Week 3.

October 2009

Thursday, October 1

Mobilizing Families, Week 4.

Tuesday, October 6

SPARC Awards Ceremony. Wheat Ridge Recreation Center.

Wednesday, October 7

Think Different Tour, ArcJC Offices, 12 PM.

Rocky Mountain Partners Aktion Club. ArcJC offices, 4 to 5 PM.

People First. ArcJC offices, 6:00 to 7:30 PM.

Thursday, October 8

Mobilizing Families, Week 5.

Thursday, October 15

Mobilizing Families, Week 6.

People First Coffee House. Atlanta Bread Company, Alameda & Wadsworth, 6:00 to 7:30 PM.

Wednesday, October 21.

Rocky Mountain Partners Aktion Club. ArcJC offices, 4 to 5 PM.

Board of Directors Meeting. 6:00 to 8:30 PM.

Thursday, October 22

Mobilizing Families, Week 7.

October 24-25

SFO Quarterly Conference, Estes Park. 11 AM. Sat. to 11 AM Sun. Call (303) 232-1338 x207 for more information.

Thursday, October 29

Mobilizing Families, Week 8.

SAVE THESE DATES!

SPARC Awards
October 6, 2009

Annual Meeting
November 18, 2009

Holiday Open House
December 14, 2009

Parents:
See page 7 for more training dates



The Arc in Jefferson County
8725 W. 14th Ave., Ste. 100
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