

The Arc in Jefferson County Community Connections



Self Determination Model Project— A Chance to Build Your Own Future!

What is Self Determination?

- Freedom**—the right to make choices.
- Authority**—the right to decide how to spend money
- Support**—the right to choose the people you want to help you
- Responsibility**—the need to do things the right way
- Confirmation**—the need for people to listen to you because this is your life!

With tax money raised in Jefferson County, the board of directors at Developmental Disabilities Resource Center (DDRC) has approved a new project called the *Self Determination Model Project*. The Arc in Jefferson County is helping to get the word out about the project.

Who's Eligible? Anyone currently in adult services (Comprehensive, Supported Living Services, Elderly, Blind and Disabled or anyone on the Waiting List for any of those services) is eligible to apply.

1st Step—Arrange for a personal futures planning meeting. Contact Louise at The Arc in Jefferson County to begin the planning process. (303) 232-1338.

2nd Step—Invite family members, professionals, friends and other interested people to attend the Futures Planning meeting. DDRC will pay for the cost of hiring the facilitators for this meeting.

3rd Step—From the results of the planning process, certain activities or projects may be paid for with Self Determination dollars. These activities or projects will be described in an application form. The *application form* must show how the activities or projects will lead to greater Self Determination for the applicant. A plan on how to spend the money (budget) will be part of the application.

4th Step—Applications will be reviewed by a committee made up from self advocates, DDRC and The Arc. Notice will be delivered to applicants about what is to be paid for and what is not, and why.

5th Step—Arrangements will be made with Resource Coordinators at DDRC to *begin funding* the activities or projects that were approved. Exact details will be different based on the plan that is approved for each person in the Self Determination project.

Call Bob Arnold at (303) 462-6501 if you are interested in finding out more about the Self Determination Model Project.



Spring, 2005

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The newsletter of The Arc in Jefferson County, a local unit of The Arc of the United States and the Arc of Colorado, supporting persons living in Jefferson, Clear Creek and Gilpin counties with cognitive, intellectual and developmental disabilities.

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What's all the fuss about TABOR?

One of the better explanations of the Tabor Amendment is from Senator Ken Gordon, the Senate Majority Leader. Senator Gordon, in one of his "legislative update" emails, writes:



When we passed the Budget Amendment in 1992, most people understood it as creating a provision that required a vote of the people before taxes could be raised. This is true, and no one wants to change this part of the Amendment.

Another part of the Amendment, though, was less well understood. This part has come to be known as the "ratchet" and it says that every year a governmental entity, let's say the state, can spend what it spent the previous year plus inflation and population growth.

This provision has a surface credibility to it because it sounds like government spending can stay the same in real dollars per capita. It can't go up, but it sounds like it won't go down either. This ends up not being true and this is why.

Let's say that in year one (1) the state can spend \$100. From this we buy education, roads, prisons, health care, our judicial system, everything we need, and it is enough. \$100 comes in tax revenue. We spend it.

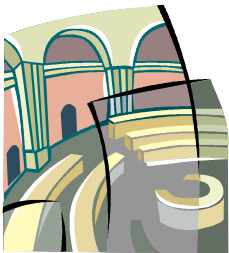
In year two (2) we can spend \$106. (For the purposes of this example \$6 is the population and inflation adjustment.) \$106 is collected in tax revenue and we spend it.

In year three (3) we can spend \$112. This is what we need to stay in the same place in real dollars per capita as we were in year one (1). But in year three (3) we are in a recession. Maybe there was a terrorist attack, or a SARS epidemic, or forest fires or maybe it is just part of the business cycle. In any case, we only collect \$80. That is what we spend. It is all we have.

In year four (4) the recession is over. We collect \$118. This is what we need to provide the same services that we did in year one (1). We can spend \$86.

We can spend what we spent the previous year plus inflation and population growth. We refund the other \$32 and at the same time cut services to the people of the state.

This is where we are right now. In the 2006 budget year we will be cutting \$181 million dollars from our budget and at the same time refunding over \$336 million dollars.



arc Thrift Stores and CP of Colorado Form a Partnership

In recent weeks you may have read about a new partnership between arc Thrift Stores and CP of Colorado. That business relationship concerns the collection of clothing and household goods to be sold in the arc Thrift Stores. As a partner in collection phase of the operations, CP of Colorado is paid at a contractual rate for the goods it collects.

In addition, arc Thrift Stores now operate the combined trucking routes and telemarketing systems to coordinate collections. That's why on one day an arc truck may come and on another a CP truck may come. Only those donations labeled for CP of Colorado will be credited to that organization.

When clothing and household goods are sold in the stores, surplus revenue is distributed, as it has been for the past 40 years, to local chapters of The Arc, an advocacy organization that promotes various causes for individuals with developmental disabilities and their families.

The organizations funded directly by arc Thrift Store surplus are: Arc of Denver, The Arc in Jefferson County, The Arc of the Pikes Peak Region, the Association of Community Living of Boulder and Broomfield Counties, The Arc of Adams County, The Arc of Aurora and The Arc of Arapahoe/Douglas.

In addition, The Arc of Colorado, the statewide affiliate of The Arc of the United States, receives a substantial portion of its annual operational budget from arc Thrift Stores. Other chapters of The

Arc receive limited funding as well. Last year alone, more than \$2.7 million in surplus was distributed to these organizations, and over the last twenty years, more than 15 million has been donated to these charitable causes.

This last year alone, arc Thrift Stores generated more than \$25 million in retail sales and is one of the largest employers in Colorado. Thousands of Colorado citizens benefit directly from the great values gained shopping at arc Thrift Stores.

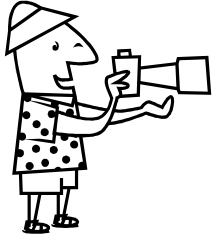
As a collector of clothing and used household items, arc Thrift is one of the largest "recycling" operations in the state. As a benefactor to the chapters of The Arc, the company remains a champion for persons with developmental disabilities and their families—Shopping with a Purpose...Everyday.



Be watching for the New Image Campaign "billboards" on the arc Thrift Store trucks.



The 2004 Annual Membership Meeting and Dinner in Pictures.



Above: John and Kathy Ratz arrive at the dinner with their son Michael.



Above: Chatting before dinner are Paul Smith, John, Roger and Penny Quickle with Steve, Stacie, and Brandon McHattie (standing).

A special thank you to Jerry Stoll for once again acting as the "official" The ArcJC roving photographer and catching these great candid photos of the Annual Membership dinner and awards evening.



Left: SPARC Award winners Dean Boosalis and Todd Sherry, (standing) chat with poster model Hannah Lowther with Paula Lowther and sisters JaneGrace and LILI.

Right: Meeting attendees listen intently during the SPARC Award and New Image Campaign presentations after dinner at the White Fence Farm restaurant.





Left: Bill Baesman, Executive Director of The Arc of Colorado, with wife Nancy and daughter Stacie, stand proudly before a poster featuring Stacie that will be used extensively in the New Image Campaign of The Arcs.

Below: Hannah Lowther also enjoys being part of the New Image advertising campaign.

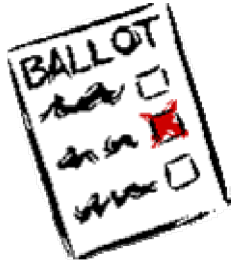
These posters will be featured as advertising in local issues of national magazines, billboards, and as "wraps" for the arc Thrift Store truck fleet. Be sure to look for them!



Left: Louise Weech enjoys a conversation with Jo Lynn Osborne, Assistant Executive Director of The ArcJC and Diana Carpenter.

Left: Danny and Horace are surrounded by good friends, Louise Todd-Stoll, The ArcJC Director of Individual and Family Supports; Jessica Duffield and Lynn Karstens, "19th Street staff members, and Jeanne Weis, Director of Adult Advocacy.





The Following Nominees were Elected to the Board of Directors in November.

Those members attending the Annual Meeting last November were asked to vote to fill soon to be vacant positions on the board of directors.

Laura Marrs, Rachel Baldon, Donna Gunnison, and Kathleen Ratz were nominated to fill these seats. That

evening, the members voted to accept all four nominations.

The following nominees were recommended for re-election to the board. Diane Jurann, Diann Manes, and Mark Hoefler were elected to serve one year. Sherri Potter, Robert Cherryhomes, Barbara Young, and Sandy Russalesi were elected to two year terms.

Also that evening, selected to begin terms January 1, 2005 were Sherri Potter, elected to be president; Barbara Young will be the vice president; Bethany Lidvall was chosen to be secretary; and Sandy Russalesi will become treasurer.

SPARC Awards 2004



SPARC stands for “*Supportive People to The Arc.*” The Arc in Jefferson County created the annual SPARC Award to recognize individuals who have significantly contributed to the enrichment of people with developmental disabilities or assisted the families/organizations that serve them. Any board member, staff member or member can nominate someone for a SPARC award and the board of directors selects the winners.



The ArcJC Treasurer, Barbara Young, (right) is shown presenting the award in the *Professional/Business/Community category* to (l. to r.) **Todd Sherry**, arc Thrift Stores director; **Dean Boosalis**, arc Thrift Stores president; **Mike Sukle**, president of Sukle Advertising and Design; and **Amy Stroh** of Sukle Advertising and Design.

Sukle Advertising donated its time on developing and producing the dynamic new Image advertising campaign that emphasizes the abilities and desires of individuals with developmental disabilities.

In addition, the arc Thrift Stores are playing a significant role in how the new advertising campaign is being unveiled to the public by “wrapping” its truck fleet with the new images.

Bruce Carroll, center, receives the SPARC Award in the *Professional/ Business/Community* category on behalf of the **Home Builders Foundation**. Carroll is commercial operations and special projects manager for Village Homes.

Home Builders Foundation is recognized for taking on projects in the community that help to make dreams come true and it has a long history of helping families with disabilities.

Home Builders Foundation completely remodeled a condominium for a recently married couple, David and Jennifer Osborne at no cost to the couple.



Clare Summers MA, OTR accepts an award in the *Professional/Business/Community* category. Clare is an incredibly creative therapist with an innate ability to work with a very diverse group of kids and still be able to reach each child individually. She always seems to be able to get kids to do things that no one else can.

Ellen Laurence and Jenny Lujan accept SPARC Awards in the *Individual/Family* category. Jenny and Ellen have been very active with the Parents' group at the Wheat Ridge Regional Center. During a recent crisis caused by changes in Medicaid, they have provided invaluable information, performed countless hours of research and fact finding, and consulted with health care providers, therapists, attorneys and legislators to pre-empt and be proactive in the Medicaid changes affecting the regional center.



David Pemberton, receiving the SPARC Award in the *Individual/ Family* category from Barbara Young, was recognized for his gift of time to the Training for Transition workshops. He has been on the parent panel numerous times with his message that, "Information is Power!"

Pemberton is the current president of the DDRC board of directors and has served on the Family Support Council for many years.

SPARC Awards, continued



Carol Smith is shown, left, receiving her award in the *Individual/Family* category from Barbara Young, The ArcJC board treasurer. In 1991 when The ArcJC developed the training program, Mobilizing Families, Carol Smith was part of that team, chosen for her knowledge and love for children.

Now, 14 years later, Carol has remained part of the Mobilizing Families team.

George Giles, right, received a SPARC Award in the *Individual/Family* category for his extraordinary volunteer efforts. George has been providing bus training for several months to one of his friends from Coffee House.

He is a member of the DDRC Consumer Council, and was elected president of the Rocky Mountain Partners Aktion Club a service club for Self Advocates sponsored by Kiwanis.

George also comes into The ArcJC offices to help with mailings and other jobs several times each month.



Lisa Howes, left, is a special education teacher at Kendrick Lakes Elementary School in the Jeffco R-1 school district, where she's been a teacher for 14 years.

David Osborne, a volunteer in Lisa's classroom, has observed how students grow due to Lisa's strong teaching style. That is why he nominated her to receive a SPARC Award in the *Education* category.

Lisa's students are always involved in many activities, including swimming, skiing and bowling.



Commissioner Michelle Lawrence is shown accepting the SPARC Award on behalf of the **County Commissioners from Jefferson County** in the *Policy* category. The ArcJC wishes to acknowledge the support that Jefferson County Commissioners gave the Developmental Disabilities community by placing Referendum 1A mill levy on the ballot last fall.



THERE'S NO END TO THE "END OF LIFE" CONSIDERATIONS

There certainly is no shortage of high profile news stories right now that relate to end of life issues. The "Terri Schiavo case" has gotten most of us thinking about advanced directives and living wills, and the importance of identifying a trusted medical durable power of attorney (MDPOA) or potential guardian for medical decision making.

Most of us are developing opinions about the definition of persistent vegetative states, whether a feeding tube qualifies as a life support, and the need to clarify with loved ones our own end of life wishes. The Pope's use of a feeding tube was certainly just an aid to get him through a difficult time. It sure has gotten us all thinking!

But! What happens to people with developmental disabilities when these decisions need to be made? The guardian is the ultimate decision maker at a time like this. What if there's not a guardian? Many individuals do not have a legal guardian or a medical durable power of attorney. An option could be to use a medical proxy decision maker, which a hospital social worker or resource coordinator could assist with.

There are interdisciplinary teams that have been proactive and have identified an individual (family, friend, or professional) to be medical proxy in the event of an emergency, which can in turn be documented in the Individualized Plan or an IP Addendum. But—there are many other individuals without a plan out there!

The Arc in Jefferson County is the legal guardian for a man who had another recent medical emergency that brought to light the need for intensive advocacy efforts to continue throughout any hospitalization. We really thought the advanced directives were fool-proof, and extremely well thought out. But you can never identify all the potential medical complications, the treatment, the need to amend the "COR status" based upon condi-

tion, and ultimately the outcome. You can never guess how the medical professionals are going to react to the individual's disability, interject their personal bias in suggesting treatment options, and not understand the value or quality of life an individual may have regardless of communication styles or "functioning level."

Our ward was hospitalized for over three weeks fighting off a deadly abscess/infection of unknown origin at his "old" shunt site, and had a neurosurgeon suggest early on that we "hook up the morphine drip and let him go."

After finally scheduling a care conference for end-of-life planning with the various medical professionals, through a conversation it was finally discovered that a possible source of the infection could be from his mouth. As a result, arrangements were made for his dedicated dentist to actually come to his hospital room, diagnose and remove an abscessed molar, which made all the difference in the world.

Death was not imminent due to a bad tooth, but it was dangerously close to causing his demise. He was released in under a month, returning to his home and "baseline quality of life" ...once again his life spared. Pushing the medical professionals to provide quality health care is part of the big picture, and **must not be overlooked** for the sake of the individual.

Bottom line: *If you are facing the decision to put advanced directives into place, or have questions regarding medical/DNR considerations, feel free to contact us, because there are others who have struggled with these decisions who would be able to discuss scenarios with you. There are others who have struggled with making difficult decisions for those who cannot communicate for themselves, and deserve the dignity of receiving the same quality medical treatment as their non-disabled peers.*



**Jeanne Weis,
Director of
Adult Advocacy**



You Should Know!

INFORMATION FOR TRANSITIONING STUDENTS AND THEIR FAMILIES



A wonderful web site can be found at <http://www.pen.k12.va.us/VDOE/sped/transition/bpit.shtml> that addresses post school outcomes and how they are reached. Additional information is included from states around the country.

HELP TO PAY YOUR PHONE BILL THROUGH LIFELINE



Lifeline, a program of the Colorado Dept. of Human Services, pays a portion of a monthly telephone bill for individuals receiving benefits through Old Age Pension (OAP), Aid to Needy Disabled (AND), Aid to the Blind (AB) or Supplemental Security Income (SSI). Call 303-866-5970 for more information.

CREATIVE PERSPECTIVES, INC.

Creative Perspectives, Inc. is an established resource in Colorado, providing a comprehensive array of intervention options to children with Autism Spectrum Disorder and their families.

Their talented and experienced team has developed a Multidisciplinary Diagnostic Program as a compassionate, comprehensive and accessible resource for securing a diagnosis for a child exhibiting symptoms on the spectrum.

This program addresses the child's

perspective, the family perspective, the professional perspective, and the program perspective. For more information call 303-935-5200 or check the web site at www.creativeperspectives.org

STOP UNWANTED MAILINGS

In about 15 minutes you can stop receiving much of the most shred-worthy mailings:

- Call (888) 567-8688 to remove your name from lists sold to credit card companies by consumer reporting firms such as Equifax and Experian.
- Stop solicitations from the Direct Marketing Association's 5,200 member companies, which represent 80 percent of these marketers. Get forms for \$5 at www.dmaconsumers.org/cgi/offmailinglist. Or write for free forms to the Direct Marketing Association, Mail Preference Service, P.O. Box 643, Carmel, NY 10512.
- Remove yourself from mortgage refinancing and home equity loan offers by calling the Acxiom U.S. Consumer Hotline at (877) 774-2094 or writing to DataQuick, Attn: Opt-Out Dept., 9620 Towne Center Drive, San Diego, CA 92121.



You Should Know!

THE MEDICARE PRESCRIPTION DRUG BENEFIT (Pt.D) IS COMING..

Social Security will help qualified folks by paying some or all of their monthly Pt. D premium, the yearly deductible, and they would have no gap (donut hole) in coverage. **They may pay only \$2 or \$5 per prescription, if they qualify.**

To find out who qualifies and how they apply, contact Steve Potter as soon as possible to set up training between May and October. Call 303-844-7324. Folks can also sign up at that time.

Social Security will be mailing letters to 20 million people with Medicare between May and September to explain this program. Please tell folks that they must read these letters when they get them...it could save them a lot of money!

CLEAR CREEK EARLY CHILDHOOD CONNECTIONS

CCECC is starting a new community playgroup! Playgroups provide opportunities for you to develop relationships with other families and opportunities for your child to engage in social interactions with other young children.

Where: 1410 Colorado Blvd. in Idaho Springs at the United Church Building.

Who: Clear Creek County families with young children ages birth to 5. All abilities are welcome.

When: Every other Monday morning

from 10:30 to 11:30 a.m.

Dates: 4/18, 5/2, 5/16

Cost: FREE!

Program Coordinator: Sarah Johnson at 303-949-4416.

Family Advocate: Velvet Bristol at 303-567-4447, ext. 28; or clearcreek_ECC@hotmail.com

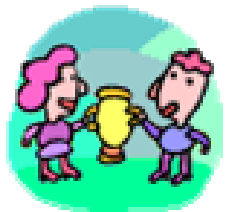
Please note that CCECC is not affiliated with any religious organizations.

SKYLER HULL RECOGNIZED BY WESTMINSTER MAYOR

Westminster Mayor, Nancy McNally and city councilors congratulated Charles Moore Middle School student, Skyler Hull, one of eight Westminster students presented with the Metropolitan Mayors' Award at a recent council meeting.

The awards are presented to students who are involved in their community or have overcome challenges to be examples to other students. Hull also sang "The Star Spangled Banner" at the beginning of the council meeting.

Congratulations to Skyler for a job well done. Skyler's parents, Chris and Kathy Hull, are long time members of The ArcJC.



You Should Know!

GOT BIG QUESTIONS?

Call the Family to Family Health Network at 1-800-881-8272 for help with:

- Understanding your health insurance
- Understanding Medicaid benefits
- Getting health services for your child with special needs
- Connecting with other parents



The Family to Family Health Information Network is a project of Family Voices of Colorado.

MY TIME 2 PLAY—ENROLLMENT IS NOW OPEN!

The Autism Society of Colorado and YMCAs of Metropolitan Denver have teamed up to offer recreational programs for children with autism while providing much needed respite for their families.

The program, called “*My Time 2 Play*,” pairs YMCA volunteers and staff in a one-on-one ratio with children with autism, in a community recreational setting that includes art, music and aquatics.

The program is one, 2 1/2 hour session a week for six weeks. The program cost is \$275 for ASC members and \$300 for non-members.

For more details and information about joining, call 720-214-0794; email ASC@autismcolorado.org; web site www.autismcolorado.org



INDIVIDUALS WITH DISABILITIES EDUCATION IMPROVEMENT ACT (IDEIA-2004)

On December 3, 2004, President George W. Bush signed H.R. 1350 (IDEA 2004) concerning transition services. The following web page identifies the major changes between IDEA 1997 and H.R. 1350 concerning transition services. The bold text indicates language changes from IDEA 1997. <http://www.ncset.org/publications/related/ideatransition.asp>

AUTISM SOCIETY OF COLORADO INSURANCE ALERT!

Several major commercial (State of Colorado) health insurance carriers have agreed to cover autism as a “congenital (birth) defect” and pay for 20 visits each of medically necessary speech therapy (ST), occupational therapy (OT), and physical therapy (PT) as provided by the State of Colorado health plan mandate.

Anthem, Cigna, Rocky Mountain Health Plans and United Healthcare agree that they would no longer deny claims for ST, OT, and PT on the grounds that autism is not a congenital defect. “This is a good start and now that the health plans have this basic understanding of autism, we intend to continue our focus of having health plans be players in the cost of treatment for autism families in Colorado,” said ASC Executive Director, Betty Lehman.

If you have questions or are denied coverage, call Family Voices of Colorado, Sarony Young, at 1-800-881-8272; email:

You Should Know!

WELCOME NEW MEMBERS

Ginny Amrose
Jon Austin
Todd & Shannon Cannizzaro
Lauren Clark & Marc Morse
David & Carren Hutchinson
Summer Ingersole
Doug, Laura & Emily Lang
Hugh & Laura Marrs
Judy McWilliams
David & Vicki Pemberton
Paul Smith
Catherine Tuholski
David Vincent
Linda Wogan

PLATINUM CONTRIBUTIONS

Children's Dentistry

GOLD CONTRIBUTIONS

Richard Billings
Robert & Joyce Clark
Ann Cornick
Jenny D. Filter, DDS, PC
Art Hogling
Todd & Paula Lowther
Doug & Sherri Potter
Jack & Sandy Russalesi
Clare Summers
Craig Trindle

Dar & Elaine Vriesman
Ed & Phyllis Watlington
Susan Zimmerman

SILVER CONTRIBUTIONS

Jack & Marilyn Broughton
Lynn & Mary Carpenter
**Marcia Hughes &
James Terrell**
Gene & Salome Wiloth

CONTRIBUTIONS

Francisco & Angelique Barron
Gregory Bradley
Jeanne Carney
Jeffrey Jurann
Ron & Pat Jurann
John O'Dell
Randell & Denise Patrick
Ted & Nora Polito
Barbara Rydell
Jeanne Weis
James & Audrey Wilson

MEMBERSHIP SCHOLARSHIP FUND

Jack & Marilyn Broughton

KNIGHTS OF COLUMBUS

**Evergreen Knights of
Columbus, Council #6905**

Mission

*Providing leadership
in addressing the
choices and the needs
of individuals with
developmental dis-
abilities and their
families.*

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Community Connections

The Arc in Jefferson

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Home Page: www.arcjc.org
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Welcome...

*To The Arc in Jefferson County,
advocating on behalf of individuals
with developmental disabilities.
We are a grassroots association that is
supported by individuals and
volunteers, community organizations
and businesses.*

**We need your time, commitment and
support!**

*For information on how to volunteer or
make a donation, please call The Arc in
Jefferson County at 303-232-1338.*