

## ArcJC board elections to be held Nov. 15

It's election time again! In lieu of a slick and expensive campaign ad airing five times an hour on all of the local stations, The Arc in Jefferson County has opted for the low-tech newsletter approach to announce our election process. All kidding aside, the advent of November means it is time for our annual election of candidates to The Arc in Jefferson County's board of directors.

The election of board members and voting on officers will be held during the annual membership meeting on November 15 at The Arc in Jefferson County offices located at 8725 W. 14th Avenue in Lakewood. The meeting will start at 6:00 p.m. and is open to all current members of The Arc in Jefferson County.

The board of directors is please to forward the following slate of individuals to the membership, for terms beginning January 1, 2007:

§ **Deb Karsell, RN, BSN**, has recently retired from 26 years of nursing practice. During those years, she has worked both as a primary care provider and clinical manager in a variety of settings, including Intensive Care, Hospice, Home Care, Community Health, and Medicaid case management of clients with disabilities. She and her husband Bill live in Lakewood, and are the parents of two grown married children. They

are also the proud grandparents of Moses, 18 months old. During her career, Deb has been known as a client advocate. She is well respected for her professionalism, her resourcefulness, and her ability to negotiate to find solutions. People like working with Deb because of her respect for others and her sense of humor.

§ **Lisa Madsen, LCSW**, is a clinical social worker who has worked for over ten years with children and adolescents. Most recently she has worked several years with youth in psychiatric hospital settings, many of whom have developmental disabilities. Lisa is painfully aware of the lack of resources available for these youth and strives not to have them fall through the cracks. Lisa has lived in Lakewood for seven years with her husband Jim, who is also a social worker and their son, Sam, who is challenged both by Aspergers and Sensory Processing Disorder. Lisa has done a tremendous amount of research in these areas, and has been able to greatly improve and use her advocacy abilities to gain many resources for her son. Lisa would like the opportunity to make a difference in the lives of other families who struggle with disabilities and believes she can do this by using her determination, knowledge of resources, advocacy skills and professional contacts. Lisa and her family participated in Mobilizing Families last year and were volunteers for the program this year.

§ **Joy Miles** is a former board

member and board president of The Arc in Jefferson County. Joy and her husband Erich have two daughters, Erica 18 and Angela 15. She has been employed as the Service Coordination Lead for Jeffco First Steps for several years. In her work at Jeffco First Steps, Joy has been able to begin to empower parents of young children with developmental disabilities. Joy is passionate and dedicated to the continued advocacy for people with disabilities. She brings a variety of skills to the board, including an ability to listen to all the information and help make informed decisions through

See ELECTION on page 5

### ArcJC debuts new awareness program

*think different tours*

Changing how our community thinks about ability

See page 7 for more information about this exciting new program!

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# arc Thrift to benefit at Oct. 7 Pet-A-Palooza

Get your bark on and get out to the first annual KOOL 105 Pet-A-Palooza benefiting arc Thrift Stores. There will be flying, swimming, jumping, danc-

ing and singing dogs, cats, and more, all to benefit people with developmental disabilities right here in Colorado.

Leash up the pets and head

on down to City Park, October 7th from 10 a.m. to 4 p.m. and join in the fun. Enjoy music from Mestizo and The Kool Cats, food, games, contests, pet demonstrations of all kinds, and not to forget "Miles" - the Denver Broncos Mascot! Visit with local animal rescues and find a new pet to bring home.

Sponsored by City Bark, The Animal Lodge and SWheat Cat Litter, the inaugural Pet-A-Palooza will feature many fun, family-friendly activities, including a Pet Parade. For just \$20, you can enter your pet in the Best Costume Contest (dogs only), Pet/Owner Look Alike Contest, or the Best Pet Trick Contest.

Admission to the festival is free, and pets are certainly welcome. You can pre-register yourself and your pet(s) online at [www.arcthrift.com](http://www.arcthrift.com) or register in person the day of the event. If you are interested in volunteering or would like more information, please call 303-231-9222.



## Missing your Benchmarkrcs?

Due to editorial constraints, our standard Benchmarkrcs profile will not be appearing this month. Look for the next profile in the December edition of The Arc Independent.

The Benchmarkrcs profile is designed to highlight the impact of our advocacy work. If you know of someone we should profile, please contact Genni Williams at (303) 232-1338 x209.

## 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](http://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.

**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](http://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.

**Jeffco First Steps** (303) 273-1550: To enhance opportunities and support for families of young children with special needs as an integral and valued part of their chosen communities.

**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.*

**Todd Lowther • x203**  
Executive Director

**Jo Lynn Osborne • x206**  
Assistant Executive Director

**Jeanne Weis • x204**  
Director of Adult Advocacy

**Louise Todd-Stoll • x207**  
Director of Individual & Family Advocacy

**Corinne Gray • x210**  
Director of Educational Advocacy

**Patricia Fulton • x202**  
Educational & Family Advocacy

**Genni Williams • x209**  
Director of Development

**Ann Moulton • x205**  
Administrative Manager

# Local Arc chapters host Wine & Wacky Wickets

The Manor House in Ken Caryl Valley proved to be an idyllic setting for the Wine and Wacky Wickets wine tasting event held September 24. A joint effort of The Arcs of Denver, Arapahoe & Douglas, and Jefferson Counties, approximately 100 supporters came out to sample a variety of wines, listen to poetry, play croquet, and take in the gorgeous view of the valley. Raffle prizes included a pair of plane tickets donated by Frontier Airline, a one-week stay at a condo at Steamboat Springs, tickets from the Denver Center Theatre Company, and a selection of wines. A special thanks to ArcJC board member Laura Marrs who helped coordinate this fabulous event



Clockwise from top left: 1) The Arc of Arapahoe & Douglas Counties Executive Director Carol Meredith and Board President Kelly Stahlman. 2) ArcJC Executive Director Todd Lowther reviews the fine print with Frontier Airline plane tickets winners Franz and Karen Huber, who are members of The Arc in Arapahoe & Douglas Counties. 3) ARC Thrift Stores CEO Lloyd Lewis and CFO Mr. Kelly Stahlman\* listen intently to the raffle. 4) ArcJC members Jim Martinez and wife Lisa Madsen.

\* a.k.a. Bruce Stahlman. (Blame it on Lloyd, Bruce)

## Project Lifesaver bracelets help keep loved ones safe

Project Lifesaver is an emergency location program for people with disabilities and seniors. The City of Lakewood Police Department has partnered with the Housing and Family Services Department to bring you this "safe return" program for participants. It is especially advantageous for participants who disappear, run off, or

wander away from home. If your child or adult with disabilities has these tendencies, Project Lifesaver may be for you. The program utilizes a bracelet that is worn daily with a transmitter located inside, and has cut down on the search and rescue times to find a lost family members. Caregivers notify the City of Lakewood Police

Department as soon as they notice someone is missing, and police use a mobile locator tracking system. Check out the international site at [www.projectlifesaver.org](http://www.projectlifesaver.org) for examples of recoveries of family members. For more information about Project Lifesaver, please contact Leilani Peterson at (303) 987-7105 or [leipet@lakewood.org](mailto:leipet@lakewood.org).

# ArcJC hosts big crowd at annual picnic

Despite the gloomy sky and threat of rain, ArcJC supporters came out in droves for our annual picnic at Prospect Park. More than 225 people attended the July 18 picnic, our biggest turnout ever! The picnic featured short speeches from executive director Todd Lowther, board president Sherri Potter, board secretary Laura Marrs, and former board member Marilyn Broughton. There was plenty of food and lots of fun for the kids, and it provided a great chance to meet new people and connect with old friends.



Above: ArcJC member Selena Long with son Adin. Right: ArcJC Administrative Manager Ann Moulton.



Top: (l-r) Board member Diane Jurann and ArcJC members Tasha Mansfield, Pat Jurann and Jan Beckett. Left: Board member Sandy Russalesi with her husband Jack.



**PLEASE NOTE:** As previously reported, there will not be a membership dinner this year, as we are changing this to a spring event. Thank you for your understanding.

## ArcJC restructures educational advocacy approach

Last May, The Arc in Jefferson County unveiled our plan to develop a system for responding to the increasing need for educational advocacy in our area. Now, after an intensive summer of planning, this “system of response” for advocacy is now under way.

The biggest news? We now have four advocates providing educational support. As many of you know, Corinne Gray joined our team in June as our lead educational advocate. She has been instrumental in the development of our new educational advocacy approach. The most recent addition to our staff is Patricia Fulton, who joined us in September. Patricia is a parent advocate who recently worked with early childhood service delivery. (To learn more about Patricia, please see page 7.) As part of these chang-

es, Louise Todd-Stoll and Jo Lynn Osborne will also provide educational and family advocacy.

With everyone pitching in, we’ve divided our service area by age and geography. Please be sure to clip and save our Service

Area chart for future reference. Corinne and Patricia will provide advocacy for elementary and middle school students and their families, while Jo Lynn and Louise will provide support for transition-aged (14 and up) students and their families.

### 2006-07 EDUCATIONAL ADVOCACY SERVICE AREAS

**NORTH:** Includes Arvada (12), Arvada West/Ralston Valley (14), Pomona (7), Standley Lake (10)

**Birth -14 or Middle School:** Corinne Gray  
**High School Transition:** Jo Lynn Osborne

**CENTRAL AREA (1-N):** Includes Lakewood (7), Wheat Ridge (9)

**Birth -14 or Middle School:** Patricia Fulton  
**High School Transition:** Louise Todd-Stoll

**SOUTH:** Includes Bear Creek (8), Chatfield (10), Columbine (7), Dakota Ridge (7), Evergreen/Conifer (11), Green Mountain (7)

**Birth -14 or Middle School:** Patricia Fulton  
**High School Transition:** Louise Todd-Stoll

**CENTRAL AREA (2-S):** Includes Alameda (7), Golden (8), Jefferson (7)

**Birth -14 or Middle School:** Corinne Gray  
**High School Transition:** Jo Lynn Osborne

# RMP Aktion Club hosts regional convention

The 2nd Annual Aktion Club Convention was held at the Radisson Hotel Denver Southeast on August 4 & 5 during the 87th Annual District Convention of the Rocky Mountain District of Kiwanis International. Aktion Clubs representing the Rocky Mountain Region were Magic City Aktion Club of Cheyenne, Wyoming; Rocky Mountain Partners Aktion Club of Lakewood, Colorado; Panhandlers Partners Aktion Club of Scottsbluff, Nebraska; and the Aktion Club of Grand Junction, Colorado. There were 27 Aktion Club Members and 12 Kiwanis Partners that participated in this event.



*Rocky Mountain Partners Aktion Club members at the 2nd Annual Aktion Club Convention. Back (l-r): Jim Curtis, Carl Shinn, Betty Proctor, Kari Hodge, George Giles, Heidi Shinn, Leslie Levine, Jeanette Deters, and Alan Feuer. Middle (l-r) Jo Lynn Osborne, Donna Gunnison, Erin Bargman, Joan Jurann and Diane Jurann. Front (l-r) Jennifer Osborne, David Osborne, Louise Weech, and David Eaton.*

After registration and getting settled in their rooms, participants gathered in the Colorado room where they put together a service project of school supplies that could be given to schools of their choice in their local communities. Later that afternoon, the clubs gathered together to get acquainted and then went to the Family Fun Night, which was enjoyed by all.

Saturday morning featured breakfast and a keynote speech by Ed Reinhardt

and his son Ed Reinhardt Jr., a former CU football player who was injured during a game. Father and son shared how their lives were changed after Ed's injury, and how their family worked together to obtain the success they have today.

Workshops for the conference were on community service, social activities, educational programs and craft projects. This gave participants an abundance of good ideas to share with their clubs.

The conference ended after the Interclub Luncheon where they were able to mingle with Kiwanis members from the Rocky Mountain Region.

This was the first time Rocky Mountain Partners Aktion Club had helped put on a conference and it was a great experience. A great big thank you to all of you that helped make it happen.

## ELECTION from page 1

discussion, as well as a vast knowledge of resources available to families in the community.

§ **Dr. Michael Wittmann** has a Ph.D. in psychology and has recently retired from 25 years of service as a school psychologist in the mountain BOCES area. Mike and his wife Diane live in Idaho Springs and are parents to three sons, Mark (19), Matt (24), and Andrew (27). Mike is currently serving as a school psychologist three days per week in Platte Canyon Schools. Throughout the 24 years he has been known by other members of our board, Mike has consistently been a strong and fearless advocate for students with disabilities and their families. His outstanding skills include the ability to connect families for support and to provide skillful mediation in difficult situations. Mike has an un-

usual ability to sort through difficult, complicated situations and identify practical solutions. What is best for the student is always at the root of Mike's decision-making and advocacy. Mike is very well liked and respected by students, families, and other professionals. He is a thoughtful, caring, intelligent person with a great sense of humor.

The following current board members are up for re-election this year:

§ **Rachel Baldon:** parent advocate; resource coordinator for DDRC's Children and Family Services; second-year board member. (Jefferson County)

§ **Laura Marrs:** parent advocate; second-year board member. (Jefferson County)

§ **Sherri Potter:** parent advocate; retired; sixth-year board member, second-year board president. (Clear Creek County)

§ **Kathy Ratz:** parent advocate; retired school

teacher; second-year board member. (Jefferson County)

§ **Barbara Young:** parent advocate; office manager for The Wilderness Society; fourth-year board member. (Jefferson County)

Pending re-election, the nominating committee presents the following slate of officers:

§ **Barbara Young,** President

§ **Laura Marrs,** Vice President

§ **Kathy Ratz,** Secretary

§ **Rachel Baldon,** Treasurer

§ **Sherri Potter,** Immediate Past President

If you would like more information or have any questions, please e-mail us at [info@arcjc.org](mailto:info@arcjc.org) or contact Ann Moulton at (303) 232-1338 x205.

# T4T urges parents to prepare for transition

If your child is in middle school or high school, you may be beginning to wonder what life will look like for your son or daughter when they are out of school. What community supports will be available? What kind of planning needs to be done? Will they live on their own? Will they find a job?

Training for Transition (T4T), in partnership with Easter Seals Colorado and funded by the Colorado Department of Education, provides an important and unique opportunity to

learn about the issues families face when students in special education begin the process of leaving school for adult life.

T4T weekend seminars are for parents, youth, family members and professionals using the IEP process for students ages 14-21. They are designed for participants to gather information, learn about community and government resources, to connect with other families and professionals, and to imagine the possibilities for their child's future.

As one participant said, "I am so grateful for this process. For the first time, I have a very positive and expansive view of the life my daughter can build."

Upcoming sessions include: November 3-5 in Greeley, CO; January 19-21, 2007 at Rocky Mountain Village near Empire, CO; March 2-4, 2007 in Pueblo, CO, and April 20-22, 2007 at Rocky Mountain Village. A special session with an emphasis on mental health issues will be held March 16-18, 2007 at Rocky Mountain Village.

These intensive weekend seminars start on Friday nights at 5 p.m. and continue through to Sunday at 11:30 a.m. Lodging, meals, and resource notebooks are provided. University credits are available for educators through Colorado State University. Childcare is provided for all sessions conducted at Rocky Mountain Village.

For more information or to register, please contact Easter Seals Colorado at (303) 233-1666 x237.

## IDEA Part B community meeting set for Nov. 8

On Aug. 14, 2006, the Part B Final Regulations implementing the 2004 reauthorization of the Individuals with Disabilities Education Act (IDEA) were published in the Federal Register. To provide the public with an overview of the regulations, the Office of Special Education and Rehabilitative Services (OSERS) will be hosting a series of community-based public meetings.

These public meetings will serve two major purposes. First, the meetings will provide the public with an opportunity to learn about the major concepts and principle changes in the new regulations. Second, the meetings will serve as a mechanism for the public to learn about and obtain some of the many resources and supports available from OSERS to assist in the implementation of these regulations. These resources and supports include a dedicated Web site with an array of information on the Part B Final Regulations as well as videotapes, topical briefs, a list of OSERS-supported technical assistance centers, and a list of conferences and other meetings where information on the implementation of the regulations will be available.

Each meeting will begin with a reception at which OSERS Assistant Secretary John H. Hager and OSERS Office of Special Education Programs Director Alexa Posny

will be available to meet with the attendees on an informal basis. The reception will be followed by a presentation about the regulations, which will include a taped welcome from Secretary Margaret Spellings, information about the regulations and the Web site, as well as an opportunity to ask questions about the regulations and OSERS' implementation plans.

Each participant will receive a copy of the regulations on a CD ROM, as well as a copy of the Tool Kit on Teaching and Assessing Students With Disabilities, also on CD ROM. In addition, other material will be available in print form, including copies of the three model forms required under the reauthorization: Individualized Education Program (IEP), Notice of Procedural Safeguards, and Prior Written Notice.

All members of the community are encouraged to attend these meetings: parents, teachers, family members, community service representatives, local school administrators, related service providers, advocates, technical assistance administrators and others with an interest in education. These meetings are regional in scope and individuals from adjacent states are encouraged to attend.

OSERS will be presenting in the Denver area on Wednesday, November 8 from

5:30 to 9 p.m. at the Arvada Center, located at 6901 Wadsworth Blvd. There is no advanced registration for these public meetings, nor any cost. The Interpreters will be available for individuals with hearing impairments. For further information, please contact Tanya Kosinski at Tanya.Kosinski@ed.gov or 202-245-7407.

*Article courtesy of U.S. Department of Education Office of Special Education and Rehabilitative Services (OSERS)*

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### Need to know more about IDEA?

The Individuals with Disabilities Education Act (IDEA) is a law ensuring services to children with disabilities throughout the nation. IDEA governs how states and public agencies provide early intervention, special education and related services to more than 6.5 million eligible infants, toddlers, children and youth with disabilities.

Infants and toddlers with disabilities (birth-2) and their families receive early intervention services under IDEA Part C. Children and youth (ages 3-21) receive special education and related services under IDEA Part B. For more information, visit the IDEA web site at [Idea.ed.gov](http://Idea.ed.gov).

# Mobilizing Families still going strong

by Jo Lynn Osborne  
Assistant Executive Director

Although many of us appreciate and understand the value of community, many families become disconnected from their communities after having a child with a disability. Some families are simply overwhelmed by everything to do and learn; they are still getting adjusted to the changes; they are learning to understand their own feelings about disability and the emotions of others.

Most families of children with disabilities know they need help, they know what they need to make their lives better, but they probably don't know where to start. They may not know there are even resources available to help, let alone how to access these resources and service systems. Families may not know where to go or even if it is okay to ask for the help they need. They feel powerless and immobilized. How do you connect to a community if you don't know it exists?

Information is power. Started in 1991,

The Arc in Jefferson County's *Mobilizing Families* training is based on the belief when parents are provided with the information, resources, and supports they need, they are able to regain their confidence and take control of their lives. The majority of families don't need caretakers; they need adequate supports, tools to advocate for their needs, and the support of their community.

Now in its fifteenth year, *Mobilizing Families* is still going strong. Twice a year, materials are updated and a new group of families and professionals come together once a week for eight weeks, thanks to a grant from the McDonnell Family Foundation.

Families come to us confused, frustrated, and stressed out. Here they learn,

network, and become friends. By the end of the training participants leave with a notebook filled with information they can use and share with others. They are reconnected, empowered, and mobilized by end of the training.

To me, the most exciting thing about the training is what happens when the training is over. Families take what they've learned and go back to their communities informed and hopeful.

Last week, we started the fall session of *Mobilizing Families*.

There were 34 adults and 22 children in attendance. After all these years, lots of families still need help and guidance. We have overhauled the program time and time again, but the information we provide is just as powerful today as it was when we started.



# ArcJC's newest advocate steps into the fray

by Patricia Fulton  
Educational & Family Advocate

I am thrilled and honored to be the newest member of the Educational Advocacy Team at The Arc in Jefferson County.

My first experience with ArcJC was nine years ago when I attended *Mobilizing Families*. My daughter Kaley had been born premature, and she was diagnosed with cerebral palsy as a result of her prematurity. When we came to *Mobilizing*, Kaley was three, and my son Connor was only 6 months old. Those eight weeks helped sculpt my future as a parent advocate for my daughter. I

learned what my rights were as a parent, I learned about resources available in the community, and I learned how to be an advocate for Kaley.

Today, Kaley is in 6th grade. She plays on a soccer team for children with physical disabilities and we all enjoy skiing as a family with the National Sports Center for the Disabled in Winter Park.

My experience at *Mobilizing* also sparked a desire to become more involved. Soon afterwards I said "goodbye" to the corporate world and "hello" to the developmental disability field. For the past six and half years, I worked for Jeffco First

Steps, the Early Childhood Connections office in Jefferson County, as the Service Coordination Lead. It was my responsibility to ensure everything went smoothly for families receiving early intervention support through Part C.

As a professional and as a parent, I've worked with a variety of agencies serving individuals in Jefferson County, as well as the Jeffco School District. During the past year, I've had the pleasure of working with the Early Childhood Connections office in Gilpin and Clear Creek Counties. I'm excited to continue this relationship and look forward to serv-

ing on the Gilpin and Clear Creek board of directors.

As an educational advocate, it is my responsibility to help families know what their educational rights under IDEA law. I understand how exhausting it can be to fight for the basic educational supports your child has a legal right to receive. Parents shouldn't have to feel like they are begging for the basic supports for which their child is legally entitled.

It's so rewarding to know that I can assist families in becoming confident advocates for their children!

# History reminds us of how far we've come

by **Todd Lowther**  
Executive Director

You may have heard of the *Think Different* tours being conducted by The Arc in Jefferson County, where we invite community members into our facility to share our work and how our advocacy helps people. (If you haven't heard about these tours, check out the story on the back page of this newsletter.) During the tours, I give a short speech where I describe The Arc as intervening for persons with developmental disabilities in the same way that Tom Martino and his Troubleshooter team respond to consumer complaints.

Then I describe what I perceive as obstacles that still remain, or put another way, the barriers that keep us from achieving a future world where all people with developmental disabilities will be valued for their inherent worth and for their con-

tributions, whatever they may be, not discounted as secondary citizens where they are judged by their deficiencies.

In fact, when I read about some of the horrible treatment people with developmental disabilities still receive in our country and around the world, it can be very depressing. Some stories break my heart and others make me mad. Instead of focusing on the future I begin to wonder, have we made any progress at all?

Ever heard of Minnie Love? Minnie Love was elected to the legislature back in 1924 and she was an inspiration to many in the medical community, especially women. Once a disillusioned housewife, she had entered medical school at an all-black college, the only one to accept her, and graduated as one of only two white women. After a stint in San Francisco, she moved to London to do post-gradu-

ate work in obstetrics. Forced to move to Colorado in order to find a suitable climate for her husband who suffered from tuberculosis, she practiced a dozen years as chief medical officer at a home for unwed mothers. A feminist who long supported women's suffrage, she was a member of the Women's Christian Temperance Union and staunch proponent of Prohibition.

Minnie Love was one of the founders of Children's Hospital. She was also a member of the Ku Klux Klan and sponsored legislation that would sterilize [excuse me, I'm using language from that day] drunkards, epileptics, addicts and idiots, as a method of purifying the human race.

Now when I consider *that* gap, the one behind us, I think we've come a long way after all.

# Adults need fewer limits, more job options

by **Sherri Potter**  
Arc/JC Board President

A long time ago, when my daughter, Lisa, was in middle school, she called one day to say that she would not be riding the bus home as usual because she was going to cheerleader tryouts.

I must admit, I discouraged Lisa at the moment. She has cerebral palsy! She uses a walker or wheelchair to get around! In that moment, I couldn't visualize how on earth she thought she could be a cheerleader!

Her harsh response to me was, "Mom, why do you always hold me back?" It jarred me to see the limits I was indeed placing on her, so I changed my

tune and said, "Okay, Lisa. Go for it."

When I picked her up later that afternoon, she came out of the building with a bright blue and yellow pleated skirt and two huge, wonderful pompons.

It brought tears to my eyes, and still does. For the rest of the season, she fit right in with the wrestling cheerleaders, sitting cross-legged along the side of the mat. You could hear her enthusiastic and encouraging voice ringing above all the rest.

I learned not to hold my daughter back, but to encourage her to achieve her lofty goals. But my question now is "Why does the system hold her back?"

Now 26 years old, Lisa wants a job. Not in a sheltered

workshop where she gets paid peanuts, but a real job. She had one for 3 years until the company closed. She had wonderful recommendations from her supervisors and co-workers. She has good clerical skills that are in demand in most any office. But, it takes a lot of skilled man-hours to develop a job that can be successful for Lisa. It has to be a good match. The task has to match her set of skills. The environment has to be appropriate. The co-workers must have the right personality. Lisa is the type of person that, if placed in the right job, will be dedicated until retirement.

But with the new Medicaid changes, job development has been taken off the list of cov-

ered expenses. Under the new guidelines, although Supported Living Services (SLS) can pay for job support once a job is obtained, they cannot pay to develop a job.

Don't they see? *THAT is the key!* Once a job is developed and Lisa is properly coached, she'll be home free! She'll be a tax payer, instead of a dreaded "consumer!"

If Lisa were to change her mind and choose a segregated workshop or a day program, the funding is easily and readily available. The system would happily support Lisa in that limiting setting, probably for a lifetime. The system routinely encourages and facilitates segregation, but time and

**See NO HOLDING BACK on page 9**

# SLS Changes: Frequently Avoided Questions

by **Todd Lowther**  
Executive Director

In the midst of all the change and confusion in the adult DD service system, the Division of Developmental Disabilities (DDD) has teamed with the Department of Health Care Policy and Financing to compile a list of frequently asked questions.

On the FAQ, one question, presumably from someone receiving services, goes like this: *I've heard that...there are some services I currently get through my SLS plan that will no longer be covered.*

Now, that's a pretty simple question (*although it's really a sentence, but we're not here to criticize sentence structure*). It's implied by this submission that someone is worried that some SLS service currently being received will no longer be allowed.

It was a simple question; let's see if the answer is likewise simple, clear and concise.

The official response: *There have been no changes made to allowable services under the SLS waiver. Each client's SLS plan is developed on an individual basis and, assuming that all services identified were allowable, they should continue to be covered. If a service was previously provided under the auspices of the Organized Health Care Delivery System, but is not an approved benefit under the SLS waiver, the service is not a Medicaid reimbursable service.*

I don't know about you – I've only got a degree in English and a master's in education – but I don't really know for sure what this answer means.

For the last year, DDD has been repeating that no changes will occur in SLS until after all the kinks have been worked

out on the Comprehensive Waiver.

"Not this year," they have said, but changes are definitely afoot, mostly because of the clause "assuming all services identified were allowable" in the second sentence.

So, if I have "job development" in my SLS plan and it was approved by the CCB, and Medicaid determines it is no longer "allowable," it will not be a reimbursable service by Medicaid.

That seems like a change to me. So, I've started a Frequently Asked Questions column for this newsletter.

Here's the first set:

Q: *Will there be any changes to SLS this year?* Yes.

Q: *Does that mean that some services I used to receive under SLS will not be allowed any longer?* Yes.

Q: *If I had "job development" in my current plan and it was approved by the CCB, can my service provider be reimbursed for services?* No.

Q: *Can I still get a recreation pass so I can stay physically fit?* No.

Q: *Can I get a bus pass so I can access the community?* No.

Q: *If I need "job development," what do I do?* See your local Vocational Rehabilitation office. That's the first step to employment or re-employment.

Now, I understand that these Medicaid changes have been thrust on everyone, and few wanted the changes, but now that we know, let's at least tell the truth and say it clearly.

For a link to the official FAQ document, click the link under News & Events at [www.arcjc.org](http://www.arcjc.org).

## Medicare's "doughnut" proving to be more like a sinkhole

by **Louise Todd-Stoll**  
Director of Individual & Family Support

The drama continues: it doesn't matter if it is Medicaid or Medicare, things are changing! Already we are hearing about self-advocates affected by the latest deba-

cle-- the less-publicized issue of the great Medicare Sinkhole or "doughnut hole," as congress calls it.

At first, the new Medicare prescription plan looked like a good idea, but it turns out there is a designed "doughnut hole"-- a gap in coverage-- in the plan.

Like many prescription plans, Medicare's basic coverage known as Part D has a deductible, which means Medicare pays nothing until a person's drug costs reach \$250. After meeting the deductible, the plan covers 75% of prescription costs with the individual paying the remaining 25%—but only until the annual bill reaches \$2,250. This \$2,250 threshold not only includes the expenses paid by the participant, it also includes the total amount picked up by Medicare.

After reaching this threshold, the plan will not pay a cent until the beneficiary

has paid \$3,600 out-of-pocket in prescription costs. This gap is better known now as the "doughnut hole." Since costs are calculated each calendar year, anyone who needs many prescriptions faces the same gap each year, year after year. Many people on the plan will begin facing these limits this fall.

This gap was intentionally designed by Congress so that everyone would get something and catastrophic needs would be met. The only way to do that for the amount of money allocated was to create the gap, which affects everyone in the middle.

A number of plans in Colorado lessen the effect of the "doughnut hole," but they cost more. Senator Ken Salazar is co-sponsoring a bill to eliminate or at least reduce this gap. He can be contacted at 2300 15th Street, Suite 450; Denver, CO 80202; Phone: (303) 455-7600; Fax: (303) 455-8851.

## NO HOLDING BACK from pg. 8

again establishes barriers discouraging community inclusion.

It should be every bit as easy for folks like Lisa with goals to truly be part of their community to access the support they need to achieve their goals. I wish the system would learn what I learned on that wonderful fall day and *stop holding my daughter back!*

# For whom the bell tolls

by **Jeanne Weis**  
*Director of Adult Advocacy*

In the past, I've shared stories about the end-of-life issues facing adults with developmental disabilities and their caregivers. While the subject isn't popular, we continue to see the need for advocacy around this issue to ensure that people with disabilities are treated with dignity even after death.

Unfortunately, an incredible 73 year old gentleman passed away recently, as a long time (68 year) resident of a local facility. He was very lucky to have a long life, surrounded by many who cared for him and loved him, leaving behind quite a legacy.

The day after he passed, there was some concern that there were no burial arrangements, but literally in the nick-of-time, it was determined there was a plan that his mother had put into place in the 70's before her death. She had the foresight to plan for nearly

every aspect of his service, including the number of songs she would like. And what a cost savings pre-planning can provide. The burial plan had appreciated so that it was worth nearly five times what she had paid for it! The security of that burial plan had given her the comfort of knowing that her son was provided for, even in her absence.

One little lesson to be learned, however, is to be sure people know this before an individual passes away. Dare to identify, document and let the "team" know the burial plans, mortuary, etc, before it becomes an emergency situation.

Take the time to write up a "letter of intent" as to how you would like to see things go for your son, daughter, or loved one in your absence. Let people know your thoughts, and stress the importance of not purging the information you are trying to pass along to the surviving parties.

## ASC Fall conferences

The Autism Society of Colorado has announced their Fall 2006 Behavioral Training Workshops.

"Understanding And Shaping The Behavior Of Your Child With A Developmental Disability" is a two day program (Oct. 24 & 31) designed for parents and other caregivers of children with developmental disabilities.

"In-Home Interventions for Children with Autism" is a five day class designed for parents and others who wish to provide in home educational and behavioral interventions to children with autism (Meets Oct. 28; Nov. 4, 11, 18; and Dec. 2).

"A Parent's Guide to Functional Behavior Assessments" is for parents and others who are interested in learning how functional behavior assessments (FBA) are conducted and how FBAs are used to develop behavior change programs. Class meets Nov. 3

If you are interested in learning more about any of these programs, please contact the Autism Society of Colorado at [www.autismcolorado.org](http://www.autismcolorado.org) or call Towers Behavior at (970) 554-1886.

## CDAS program allows direct management of attendants

The Colorado Department of Health Care Policy and Financing (HCPF) has developed a new program that enables people with disabilities to manage their own attendant services. In the Consumer Directed Attendant Support (CDAS) program, people hire, train, supervise and fire their own attendants. They can set their own attendant schedules and, to a significant degree, they can determine what services the attendants provide.

Self-sufficiency, self-reliance and a sense of personal responsibility are some of the benefits for people who direct their own attendant services. Furthermore, people who manage their attendants have more flexibility in their daily routines. CDAS gives people greater authority and opportunity to take control of their own lives.

HCPF will enroll up to 500 individuals

in this pilot program. Participants will be Colorado residents who receive home care services and who are interested in managing their own attendant services. The funds that HCPF normally pays to home health agencies for attendant support will instead be provided to participants, based on each person's history of utilization. Individuals enrolling in CDAS will receive training on attendant management and related fiscal management. CDAS is intended to increase the independence and self-sufficiency of participants, to improve the quality of attendant support that participants receive, and to decrease the cost to the State of Colorado for providing attendant services.

HCPF, working with an advisory committee, developed a Section 1115 waiver proposal for the federal Centers for Medi-

care and Medicaid Services (CMS). The proposal is necessary to allow the State to waive some federal Medicaid regulations in order to implement a demonstration program. CMS approved the waiver on August 10, 2001.

HCPF has developed State Medicaid rules to govern the operations of CDAS. The CDAS program was implemented on December 16, 2002, and applications are currently being accepted.

If you are interested in CDAS or want more information about this innovative program, you can contact Aggie Berens at the Colorado Department of Health Care Policy and Financing, at (303) 866-3358, or e-mail her at [cdas@hcpf.state.co.us](mailto:cdas@hcpf.state.co.us). Aggie's mailing address is 1570 Grant Street, Denver, Colorado 80203.

# New program dares people to "Think Different"

The Arc in Jefferson County has started a new community awareness program to help spread the word about the work of our organization and the needs of people with developmental disabilities.

This free, one-hour "Think Different" tour is designed to inform our community about the work we do and the ways that advocacy can change the lives of people with

developmental disabilities of all ages. We believe these tours can be a tool to help our community change how they think about ability, and about people with developmental disabilities.

Attendees will hear about the experiences of people with developmental disabilities, learn about the obstacles that still face our community, and learn about

the work we do here to help people with developmental disabilities live full and enriching lives.

Tours are held the first Wednesday of every month, from 12 to 1 p.m. Evening tours are also available. If you are interested in attending our tour, please RSVP to Genni Williams at (303) 232-1338 x209 or by e-mail at [genni@arcjc.org](mailto:genni@arcjc.org).

Thank you to the Knox Family Foundation for your generous gift of \$1,500 to support our work on behalf of people with developmental disabilities.

## Arc Independent now accepting advertising

The Arc in Jefferson County is now accepting advertising in our bimonthly newsletter, *The Arc Independent*.

Sizes range from business card size to full page advertising, with prices starting at \$25 for a single business card sized ad. Discounts are available for nonprofits.

Due to USPS bulk mail regulations, we are unable to accept advertising for travel, insurance or credit cards.

To learn more about our advertising options, please contact Genni Williams at (303) 232.1338 x209 or by e-mail at [genni@arcjc.org](mailto:genni@arcjc.org).

## The ArcJC accepts credit cards

One more way to pay! The Arc in Jefferson County is now able to accept donations by credit or debit card. Simply fill out the form on the next page and mail it in, or visit our secure online donation page ([www.arcjc.org](http://www.arcjc.org) > Give > Online Donations) or call us with your information. Donations can be made on a one-time-only basis or can be scheduled in monthly installments.

## Support our cause!

Full Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

**Annual membership rates:** Individual \$15, Family \$19, Individual with developmental disability \$5, Couple with developmental disability \$7

Yes! I want to become a member of The Arc. My dues of \_\_\_\_\_ are enclosed.

Yes! I want to make a tax-deductible contribution:

by check Amt \$ \_\_\_\_\_

by credit card Amt \$ \_\_\_\_\_

Check one:  VISA  MC  AMEX  DISC

Number: \_\_\_\_\_

Exp.: \_\_\_\_\_ Signature \_\_\_\_\_

Please contact me about stock donations.

**Please send your completed form to:**

The Arc in Jefferson County  
8725 W. 14th Ave, Ste. 100  
Lakewood, CO 80215

# Membership

## NEW MEMBERS

Sharon & Paul Jeffers  
Deborah & Bill Karsell  
Jeff & Brittany McNeal  
Mr. Alex Meredith  
Philip Morgan

## RETURNING MEMBERS

Hugh & Beatrice Adams  
Stuart & Jennifer Allen  
Cathy Bartle  
Ruth M. Cato  
Scott & Ruth Coyle

Fred & Carol DeCrescentis  
Lori Espinoza  
Benton & Patricia Fulton  
Kelly Goeken  
Sarah A. Hartway  
H. M. & Ann Hendrickson  
Ellie Honeyman  
Stephanie James  
R & B Living Services,  
Renee LaFave  
Paul & Sandy Leinhos  
LeAnn Lubkeman  
The Maroney Family

Ron Marquez  
Mike & Linda McGorin  
John & Carol Meredith  
Joy Miles  
Daniel O'Neall  
Jamasp & Katy Oomrigar  
Harry & Margaret Porter  
Cindy Post  
Robert & Mildred Snow  
Mike & Sharon Stanley  
Jerry & Louise Stoll  
Mike & Barbara Young

# Contributions

## SILVER LEVEL

Benton & Patricia Fulton

## GOLD LEVEL

Fred & Carol DeCrescentis

## OTHER CONTRIBUTIONS

Hugh & Beatrice Adams  
Sharon & Paul Jeffers  
Arthur & Doris Lowther

## MEMORIAL FUND

Jack & Marilyn Broughton  
Hugh & Laura Marrs  
JoLynn Osborne  
John & Kathy Ratz

# Calendar

## October 2006

### Wednesday, October 4

*ArcJC Think Different Tour.* 12 to 1 p.m.

*Rocky Mountain Partners Aktion Club.*

ArcJC offices, 4 to 5 p.m.

*People First.* 6:30 to 8 p.m.

### Thursday, October 5

*Mobilizing Families, Session 3.* 6 to 9 p.m.

### Thursday, October 12

*Mobilizing Families, Session 4.* 6 to 9 p.m.

### Wednesday, October 18

*Rocky Mountain Partners Aktion Club.*

ArcJC offices, 4 to 5 p.m.

*Board of Directors Meeting.* 6:00 to 8:30 p.m.

### Thursday, October 19

*People First Coffee House.* 6:30 to 8 p.m.

Atlanta Bread Company, Alameda & Wadsworth.

*Mobilizing Families, Session 5.* 6 to 9 p.m.

### Saturday, October 21

*Speaking For Ourselves Quarterly*

*Conference.* 9:30 to 5 p.m. Arc of Weld County,  
Evans, CO. RSVP to (303) 831-7733.

### Thursday, October 26

*Mobilizing Families, Session 6.* 6 to 9 p.m.

## November 2006

### Wednesday, November 1

*ArcJC Think Different Tour.* 12 to 1 p.m.

*Rocky Mountain Partners Aktion Club.*

ArcJC offices, 4 to 5 p.m.

*People First.* 6:30 to 8 p.m.

### Thursday, November 2

*Mobilizing Families, Session 7.* 6 to 9 p.m.

### Friday, November 3

*Training for Transition.* Starts 5 p.m., ends  
Sunday, November 5, noon. Greeley, CO. See story  
page 6 for more information.

### Thursday, November 9

*Mobilizing Families, Session 8.* 6 to 9 p.m.

### Wednesday, November 15

*Rocky Mountain Partners Aktion Club.*

ArcJC offices, 4 to 5 p.m.

*Board of Directors Meeting and Annual  
Membership Meeting.* 6:00 to 8:30 p.m. See  
page 1 for nominee information.

### Thursday, November 16

*People First Coffee House.* 6:30 to 8 p.m.

Atlanta Bread Company, Alameda & Wadsworth.

### November 23-24

*ArcJC Offices closed for Thanksgiving  
Holiday.*

## December 2006

### Tuesday, December 5

*Board of Directors Meeting.* 6:00 to 8:30 p.m.

### Wednesday, December 6

*ArcJC Think Different Tour.* 12 to 1 p.m.

*Rocky Mountain Partners Aktion Club.*

ArcJC offices, 4 to 5 p.m.

*People First.* 6:30 to 8 p.m.

### Tuesday, December 19

*ArcJC Holiday Party.* 4 to 7 p.m.

### Wednesday, December 20

*Rocky Mountain Partners Aktion Club.*

ArcJC offices, 4 to 5 p.m.

### Thursday, December 21

*People First Coffee House.* 6:30 to 8 p.m.

Atlanta Bread Company, Alameda & Wadsworth.

### December 22-25

*ArcJC Offices closed for Christmas holiday.*



**The Arc in Jefferson County**  
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[www.arcjc.org](http://www.arcjc.org)

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