

Fostering leadership and independence in the lives of people with developmental disabilities and their families in Jefferson, Clear Creek, and Gilpin Counties

**NOTICE:** Due to timing constraints, there will not be an Arc Independent in December this year. The next issue will be mailed in February 2009. For updates, news and alerts, please visit our web site at [www.arcjc.org](http://www.arcjc.org) or visit us on Facebook. If you would like to receive email alerts on urgent updates, please email Mike Young at [mike@arcjc.org](mailto:mike@arcjc.org) to be added to our email list.

## Help us pass Amendment 51!

**What is Amendment 51?** Amendment 51 helps people who need it most. It provides a critically needed safety net for more than 12,000 children and adults with developmental disabilities, such as Autism, Down Syndrome, Cerebral Palsy and Mental Retardation, through a modest, phased-in sales tax of 2/10 of 1%.

Amendment 51 provides new funding for much-needed services that people with developmental disabilities and their families need now and in the future, such as constant supervision, help with daily tasks, a place to live, job training or nursing services. When fully implemented, it will raise \$186 million annually.

Amendment 51 would simply add 2 cents on a \$10 lunch or 12 cents on a \$60 pair of shoes. Gas, groceries, prescription drugs, medical services and utilities remain exempt from the state sales tax under this proposal.

**Who Does Amendment 51 Help?** Amendment 51 helps the more than 12,000 children and adults with developmental disabilities who need — but are not currently receiving — lifelong care and support.

Among the 12,000 people in need of critical services, you will find:

**Cindy**, a 24-year-old with Down syndrome, who could be working at her local grocery store if she were not waiting for vocational services.

**Russell**, a 63-year-old man with mental retardation who still lives with his 85-year-old mother. His mom put him on the waiting list more than 15 years ago. Due to her age and failing



**Helping People Who Need it Most**



[www.endcoloradowaitlist.org](http://www.endcoloradowaitlist.org)

health, she worries constantly about who will care for Russell when she dies.

Sam, a 4-year-old with Autism and **multiple** physical disabilities, who could learn to walk, talk, feed himself and play with other children if he was not on the bottom of the list for speech and physical therapy.

**Why Does Colorado Need Amendment 51?** Most Americans agree that government has some basic responsibilities to our most vulnerable citizens, and one of those is to help people who cannot help themselves. For people with developmental disabilities and their families, there is absolutely no safety net or back-up options for the vital services they need.

People like Cindy, Russell, Sam and thousands others like them have been waiting more than ten years for care. Many of them, through no fault of their own, need help to eat, dress, bathe or use the bathroom. Others need con-

stant guidance and supervision because of major medical issues, lack of basic life and safety skills, or because family caregivers can no longer provide care due to age, illness or death. Still others are young children with Autism who cannot access early intervention services that are so desperately needed and proven to be effective.

**Why Should I Vote Yes on Amendment 51?** Solving this urgent problem is critically needed and long overdue. With new funding, Coloradans can immediately provide a safety net for children and adults with developmental disabilities. Amendment 51 is a small price to provide vital services for children and adults who, through no fault of their own, face tremendous burdens every day just getting by.

For more information about 51, visit [www.endcoloradowaitlist.org](http://www.endcoloradowaitlist.org). Also, please see additional Yes on 51 news on pages 6 and 7 of this newsletter.

### The Arc in Jefferson County

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## Holiday Open House set for December 15

The Arc in Jefferson County's annual holiday open house will be held Monday, December 15 at the ArcJC's offices in Lakewood. The annual celebration features live music, food, and a chance to reconnect with our supporters.

An invitation with more information will be mailed to all of our supporters in late November. For more details about the event, please contact Genni Williams or Mike Young at (303) 232-1338 x209.

# ArcJC annual membership meeting and election to be held November 19

It's election time again! 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 19 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.

There are no new candidates for board positions this year. The board of directors is pleased to forward the following slate of individuals to the membership,

for re-election with terms beginning January 1, 2008:

§ **Deb Karsell**: retired nurse.

§ **Sherri Potter**: parent-advocate and former board president.

§ **Barb Young**: parent-advocate and current board president.

§ **Lisa Madsen**: parent-advocate and social worker.

§ **Kathy Ratz**: parent-advocate, retired educator, and current board vice president.

§ **Joy Miles**: parent-advocate, disability professional, and former board president.

§ **Rachel Baldon**: parent-advocate and retired disability professional,

Pending re-election, the nom-

inating committee presents the following slate of officers:

§ **Barb Young**, President

§ **Jane Barnes**, Vice President

§ **Kathy Ratz**, Secretary

§ **Jake Smith**, Treasurer

In addition to the election of board members, there will also be changes to our organizational bylaws to be reviewed and voted on. A packet explaining the by-law changes will be mailed to all current members before October 20, 2008.

If you would like to attend our annual meeting and election, please RSVP to Mike Young at (303) 232-1338 x0 or by email at [info@arcjc.org](mailto:info@arcjc.org).

## 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.

**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](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.

**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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*Executive Director*

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

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

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

**Tonya Kelly • x205**  
*Administrative Specialist*

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

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

**Genni Williams • x209**  
*Director of Development*

**Mike Young • x205**  
*Administrative Clerk*



## TRY ANOTHER WAY

*a story of self-determination*

*'Try Another Way' chronicles a mother's commitment to her son and her son's determination to be seen and treated as an ordinary human being.*

BY JO LYNN OSBORNE  
WITH AMBER DAHLIN, PH.D.

## Osborne releases 'Try Another Way,' book signing set for October 21

The Arc in Jefferson County is proud to announce the release of *Try Another Way: A Story of Self-Determination* by our very own staff member Jo Lynn Osborne.

Through her work advocating for people with disabilities at The Arc, Jo Lynn was repeatedly encouraged to write a book about her own journey with her son David. Seeing this as an opportunity to help even more families, Jo Lynn courageously wrote the story of her own introduction to the world of disability as a young mother.

*Try Another Way* chronicles Jo Lynn's transformation into a vigilant advo-

cate for all people with developmental disabilities and tells how her advocacy gave her son the opportunity to make choices and advocate for himself.

The Arc in Jefferson County will be hosting a reception on October 21 at 6 PM. Jo Lynn will read selections from her book, with a book signing and reception to follow. No RSVP is required.

To learn more about the book or to purchase a copy, please visit us online at [www.tryanotherwaybook.com](http://www.tryanotherwaybook.com) or call (303) 232-1338 x0. If you want to pick up your copy in person, please contact us at the number above or email us at [info@arcjc.org](mailto:info@arcjc.org).

## Nine to be honored at 2008 SPARC Awards on October 8

The Arc in Jefferson County's annual SPARC awards celebrate members of our community who have shown exceptional support for people with developmental disabilities or their families and have proven themselves to be Supportive People to The Arc. This year's ceremony will be held Wednesday, October 8 at the Wheat Ridge Recreation Center and will honor nine individuals and organizations from our community.

Since 1981, The Arc in Jefferson County has been recognizing individuals who have contributed "above and beyond" to the well-being of persons with development disabilities or their families. Nominations are gathered from board, staff, and other members of the community, and award recipients are chosen by our board of directors.

This year's winners are:

§ The Arc of Colorado's executive director, **Marijo Rymer**, is being honored for her effort to build a coalition to End the Wait List in Colorado. While the outcome of the November election is still unknown, the very fact the question is on the ballot for the voters is primarily due to Marijo's leadership and dedication to find an ultimate and long lasting solution to the waiting list problem.

§ The leadership team at the **Arc Thrift Stores** is being recognized for the effort to increase the number of individuals with developmental disabilities who work at all levels of their organization, both in the stores and at the corporate offices.

§ **Mary Ann Bonetti**, an employee of the Wheat Ridge Regional Center, is being honored for her

spirit and enthusiastic support of people with developmental disabilities.

§ Jefferson County Schools employee **Elise DePree** is being recognized for her thoughtful support of and advocacy for one of her students, Tina Stolper.

§ **The Evergreen High School Cheerleading Team** is being honored for their exceptional sportsmanship and spirit of inclusion for refusing to participate in any competition without their teammate Megan Bomgaars who has Down syndrome.

§ **Lisa Koenigsberg** with **Sports Made Possible** is being recognized for taking the initiative to create an adaptive sports field for kids with disabilities, and for ensuring that no child is turned away by providing financial aid as needed.

§ The owners of **Steamer's Coffee Shop** are being recognized for creating work opportunities for individuals with developmental disabilities and for the thoughtful planning that allows their employees to be successful in the workplace.

§ **Jill Polito** and **Bobbi Jo Beeble** are coaches with **TOPSoccer** in Arvada and are being honored for their effort to create fun and rewarding recreational opportunities for kids with disabilities.

§ **Curtis Pierce**, the mailroom supervisor at the Bureau of Recclamation, is being honored for his leadership and support of employee Jan Beckett who has cerebral palsy.

For more information about the SPARC Awards, please contact Genni Williams at (303) 232-1338 x209.

## RSVP now for advanced Mobilizing sessions

This year The Arc in Jefferson County began offering advanced training sessions for all *Mobilizing Families* graduates.

The three advanced sessions offered additional information about educational advocacy, Medicaid, and legislative advocacy.

The next series of advanced sessions will feature the same topics for new graduates (or new attendees) and are scheduled for January 8, 15, and 22 in 2009.

As with *Mobilizing Families*, training, meals, and child care will be provided free of charge thanks to the support of the McDonnell Family Foundation.

Registration will be required, and more information will be provided in future newsletters.

# Next Mobilizing Families to start Feb. 19



The fall session of our award-winning training program *Mobilizing Families* is now underway. In the past two years, demand for this training has grown so substantially that the spring 2008 session was the largest group in the program's seventeen year history. With the increasing demand for this training, it's important that interested families register as early as possible.

The *Mobilizing Families* program gives participants the essential tools to navigate the complexities of the disability world and better advocate for their children's needs. This includes training on education issues, accessing in-

surance, understanding Medicaid, understanding government services, and connecting with community resources. Participants learn critical skills to become effective advocates for their children in all areas of life, and what they learn changes their lives for the better.

Thanks to the generous support of the McDonnell Family Foundation, training, meals and child care are pro-

vided *free of charge*. How can you beat that? Dinner, respite, education, and community – all for free!

If you or someone you know are interested in attending the next *Mobilizing Families* training, it's important to register now. The spring 2009 session will start on Thursday, February 19, with weekly meetings through April 23 (no meeting April 2 due to Jeffco School Break).

For more information or to register, please contact Jo Lynn Osborne at (303) 232-1338 x206 or by email at [jolynn@arcjc.org](mailto:jolynn@arcjc.org).

*What are you waiting for?*

## '08-'09 ArcJC Educational Advocacy Service Areas by High School Area

**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:** Jo Lynn Osborne

**SOUTH:** Includes Bear Creek (8), Chatfield (10), Columbine (7), Dakota Ridge (7), Evergreen/Conifer (11), Green Mountain (7). Also Clear Creek and Gilpin Counties.

**Birth -14 or Middle School:** Patricia Fulton. **High School Transition:** Jo Lynn Osborne

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

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

See page 2 for contact information and extensions. For charter school advocacy, please call (303) 232-1338 x0 to be directed to the appropriate party.

## Transition Training Series set for 2009

Transition Training is a series of workshops around the subject of transition from school to adult life. The workshop topics include: *Life After High School-Using your IEP to plan for your future after high school; Person-Centered Planning; Resource Awareness; Connecting and Utilizing Resources; Medicaid/Medicare; Social Security; Private Insurance*

Participants learn that while a "free and appropriate public education" is mandated by federal and state law for children with special needs, there is no such "guarantee" for services in the adult system. In fact, many people describe the adult system as a "maze"—confusing and complex, where no one really knows what the other is doing.

Youth learn about community options, the principles of a building a self-determined life and what it means to a self-advocate.

The series of workshops will be presented two times between February 2009 and October 2009.

Our coalition of partners include Developmental Disability Resource Center, Jeffco YouthWorks, Jeffco Public Schools, Colorado WIN Partners, Division of Vocational Rehabilitation, Children, Youth, and Families Division of Jefferson County Human Services, and Arc in Jefferson County.

For more information about these trainings, please contact Jo Lynn Osborne at (303) 232-1338 x206 or by email at [jolynn@arcjc.org](mailto:jolynn@arcjc.org).

## ArcJC, DDRC now offering training on guardianship

The Arcs in Jefferson County and Arapahoe/Douglas and DDRC are sponsoring an Overview of Guardianship. Learn all about guardianship. What are your rights and responsibilities? What does it mean for a person with disabilities? What alternatives are available?

For more information about these trainings or to be put on our mailing list, please contact Jeane Weis at (303) 232-1338 x204.

# Life After High School

## Practical Tips for Families

- Start early! Community services are based on eligibility and each provider/agency has a different set of criteria for eligibility and often has a waiting list for services.
- Become familiar with the transition requirements of IDEA. Parents, students, educators, and community service providers must work together. Transition goals and academic standards can be met both in and outside the school.
- You must create your own support system, with your own family and close friends and also within the community. Invite people into your life – people want to help.
- Keep trying new ideas and re-try old ones.
- Your child is a teenager and his/her wants and needs are the same as all teens, no matter how significant their disability. Expect your child to challenge your parental authority.
- Involve your child and invite friends to meetings. This will help them feel supported, and another student can share inside information about the school and its courses that even teachers may not know.
- Help your child understand their disability and how to explain what kind of accommodations they need.
- Provide opportunities for your child to become a self-advocate.
- Let go of what you want... the focus is now on what your child wants in life.
- You know your child better than anyone else and will be the one constant factor throughout your child's transition from school to adulthood.

## Trainings for parents of students

### Workshop Series for Parents with Students on the Autism Spectrum

Free drop-in sessions. No RSVP required; no child care available; light dessert served. Each session meets 6:30 p.m. – 8:00 p.m. at The Arc in Jefferson County.

- **Tuesday, October 7, 2008:**  
*Educational Programming* presented by Jeffco Schools, Exceptional Student Services.
- **Tuesday, November 18, 2008:** *Resource Navigation* presented by Arc Advocates
- **Tuesday, January 20, 2009:** *Addressing Core Social Deficits in Autism* presented by Autism Society of Colorado

### Components of an IEP

Free drop-in sessions. No RSVP required; no child care available; light dessert served. Each session meets 6:30 p.m. – 8:00 p.m. at Jeffco Schools' Education Center, Board Room.

- **Tuesday, October 28, 2008**
- **Tuesday, February 24, 2009**  
Presented by Jeffco Schools, Exceptional Student Services Directors and Arc Advocates

## Attend training to learn about disability and special needs trusts

Did you know that there is a difference between a disability trust and a special needs trust? If there is money from a family (ie: inheritance) going into a trust, it needs to be set up in an approved Special Needs Trust, not just a Medicaid Disability trust, or the beneficiary is going to be Medicaid. With a Special Needs Trust, there can be a beneficiary (ie: another family member) at the time of the individual's death.

Also, did you know that the

Health Care Policy and Finance (federal funding for Medicaid) proposes changes to the Trust Law in 2009. The time to ask questions is NOW, and to start getting it set up ASAP!

DDRC is hosting a presentation on Special Needs Trusts on:

Tuesday, October 28 4-6 p.m.

Thursday November 20 10-noon

Wednesday, January 14, 3-5 p.m.

Please call (303)233-3363 to sign up in advance

## Updates on changes at WRRC

NOTES FROM SHARON JACKSI, Ph.D., Director of the Division for Developmental Disabilities

• Dr. Richard Ratliff has been appointed to the position of Director of the Wheat Ridge Regional Center. Dr. Ratliff has an extensive history in working with individuals and programs within the field of developmental disabilities as well as extensive work in Intermediate Care Facilities for the Mentally Retarded (ICF/MR). Most recently, he has been the Program and Psychology Director at Pueblo Regional Center. While there, he has moved the agency's program direction towards a person centered planning system and has increased program and FTE accountability. Please join me in welcoming Richard to WRRC. He will (and has) begin work at Ridge mid-August 2008.

• Effective August 15, 2008, the Division for Dev. Disabilities, Colorado Department of Human Services, is freezing all admis-

sions to the Regional Centers. This decision has been made due to the fiscal constraints and will allow the Regional Centers to provide required and appropriate services and supervision for individuals currently residing at the Regional Centers. This action will decrease health and safety dangers to residents and staff.

If you need additional information, please contact me (Dr. Sharon Jacksi) at (303)866-7454.

### Additional updates at WRRC:

There will be lot of activity at WRRC as they begin the process of converting all the waived homes "back" to ICF-MR licensure, which is hoped to be completed by 6-30-09. This will involve numerous of programmatic changes, as well as physical changes to the existing homes (such as updating sprinkler systems, etc.). The homes that are serving individuals with medical issues will be converting first.

# Blue Book's opposing arguments on 51 are bogus

Guest Editorial from Kelly Stahlman, mother of twin sons currently on the Wait List.

On the fiscal side – it's so ironic to me that the very crafters of the TABOR, the so-called Tax Payer Bill of Rights whereby citizens vote to increase taxes, are the very opponents of 51! They now say it must be allocated through the legislative process!

Let's take the three objections to 51 from the Blue Book: First, taxes are bad for the economy. The truth is that health care is one of the leading economic drivers in the state! Medicaid and Medicare share the costs between Federal and State funding. This means that for every Colorado dollar spent, the Feds match dollar for dollar. In fact, the Federal Matching Program (FMAP) is the second largest economic driver in Colorado, growing business, creating jobs, and contributing to a healthy economy.

The second objection is that helping people with developmental disabilities is an unnecessary expansion of gov-

ernment. Doesn't the fact that 12,000 children and adults with developmental disabilities are waiting 15+ yrs for services make funding necessary? These are folks who may need help with decisions throughout their day. They may need physical help getting out of bed, eating, bathing, or they may be similar to someone with Alzheimer's who needs verbal prompting to do a specific task. Either way, they need help for their very health and safety. It seems to me this is necessary! Folks I know say, "That's where I want my tax dollars to go!"

The third and final argument is that funding should go through a legislative deliberative process. It has! In a bipartisan effort the 2008 General Assembly and the Joint Budget Committee allocated almost \$7 million additional dollars to fund urgent and critically needed services for individuals with developmental disabilities. The Colorado General Assembly has done everything it can to allocate funds to meet pent up demand. But this has been a 15-

year problem in the making! Today, more people are waiting that actually being served! There is no assistance for people who can't do it alone – they need just a little bit of help!

In closing, it comes down to how Colorado wants to treat its own citizens and what our values are within our state. As a Ft. Collins, Colorado native now living in Littleton with twin sons on the adult DD wait list, I believe Colorado can do better. I know Colorado can do better. People can't believe that Colorado is only 46th in per capita funding for people with developmental disabilities, but it's true!

In the words of Todd Lowther, Executive Director of The Arc in Jefferson County, "The Colorado DD Wait List is our own Hurricane Katrina. The levies are broken, the storm is here, and the devastation coming will be catastrophic."

Please, VOTE YES ON 51 and go to [www.endcoloradowaitlist.org](http://www.endcoloradowaitlist.org) for more information.

## TODD LOWTHER COMMENTS:

It's fine to be a supporter of TABOR, but the very fundamental core of TABOR is that citizens in Colorado have the constitutional right to vote on tax increases, and that's exactly what we are asking. The nature of TABOR almost makes it impossible to state the issue accurately, calling for the very structure of the amendment language. Like it or not, we are following TABOR to the T. So the author of TABOR should be giving us an award!

Another thought for everyone: many people complain about the length and complication of the ballot. Again, like it or not, we live in a state that has granted unprecedented power to the voter by using the current initiative process. That puts an ENORMOUS responsibility on each voter to become informed on the issues and not simply voting 'yes or no'. Remind people that our state values its individual citizen voters more than any state in the union. Tell your friends and neighbors we need them to live up to this unique responsibility.

## 51 rally planned for Oct. 11; grassroots support needed

To pass 51 in November, we will need every single one of you to work this campaign. Yard signs, window stickers, buttons, and literature are now available for pickup at The Arc in Jefferson County and DDRC. For more information about materials, please contact Mike Young

at (303) 232-1338 x0 or by email at [mike@arcjc.org](mailto:mike@arcjc.org).

Polling completed earlier this year showed us that the majority of voters will vote Yes on 51, but it is up to us to talk to them about this amendment or it will be easy for them to vote no or just not vote at all. With limited funding for advertising, each

of us must take the initiative to educate our friends, family, coworkers and neighbors about this important amendment and what it means for people with developmental disabilities.

In an effort to organize and energize our supporters, there will be a rally at the Colorado State Capitol on Saturday, Octo-

ber 11 at 4 PM. Please bring your friends and family to the rally to show your support of this important issue.

By talking to everyone we know about Amendment 51, we can change the lives of more than 12,000 Coloradans!

# Coloradans at a crossroads this election year

by **Todd Lowther**  
Executive Director

We stand at a crossroads in Colorado. We can be proud of being 46th in per capita spending on services for people with developmental disabilities and vote No on Amendment 51. That's what Doug Bruce would like us to do. He would like us to forget that it was his TABOR amendment that gives us the right to vote on tax increases. He would like us to forget that it was his TABOR amendment

that gave us the right to gather 133,000 signatures to get this in front of the voters. He would rather turn the issue back to the legislature where funding for such services will have to battle with schools, roads and prisons.

We stand at a crossroads in Colorado. With umpteen measures on the ballot, many people are fed up and will just vote No on everything. They'll give up trying to understand complicated issues. Or better yet, they'll pick out which way to vote by



watching the slanted television ads. Or they will count yard signs.

We stand at a crossroads in Colorado. Many of you as members and supporters of The Arc are probably already convinced

to vote Yes on 51. I hope so. Have you shared that with your friends, neighbors and family? Do you think someone else will? All total, people with developmental disabilities and their families make up about one and a half percent of the population. If we need fifty percent plus one to win this election, you had better tell someone.

We stand at a crossroads in Colorado. Where do you stand?

## Answers to frequently asked questions about Amendment 51

### How do you know how big the wait list is?

In Colorado, there are 20 Community Centered Boards (CCB) designated to serve different geographic areas ranging from a single urban county in Denver to large suburban and rural regions. Each CCB files regular reports with the Colorado Department of Human Services--Division for Developmental Disabilities (DDD) that provide detail by name, age, and type of developmental disability for every person in the CCB area receiving services and for every person who is on a waiting list for services. Wait lists are maintained within CCB service areas—there is no statewide list.

In December of 2007, the combined reports of all 20 CCBs showed that 8,187 people are currently on the waiting list and in immediate need of support, with an additional 4,260 people who are on the waiting list and will need services to start between 2009 and

### All Coloradans on Waiting Lists as of December 2007

(Sources: Final Report to Interim Committee Long-Term Care Health Care Services and Support to Persons with Developmental Disabilities Committee 2007 and Colorado Department of Health Care Policy and Financing—2008)

Type of Service	As soon as available	2009-2012	Total
Comprehensive	1,368	3,388	4,756
Supported Living Services	2,324	872	3,196
Children's Extensive Services	157	N/A	157
Autism Waiver for Children	160	N/A	160
Family Support Services	4,178	N/A	4,178
<b>TOTALS</b>	<b>8,187</b>	<b>4,260</b>	<b>12,447</b>

2012. In all, we will need funding to serve at least 12,447 people with developmental disabilities in the next four years.

### How long do they wait?

It depends on the area where they live and how many people are ahead of them --- many have been on waiting lists for more than 15

years—some wait less and some more. In some areas, people are “bumped” from their place on the list because another person is at risk of being homeless or develops a serious medical problem in addition to the developmental disability and needs emergency care. Children with developmental disabilities who live in foster care

are guaranteed services when they become adults and so, some others may be pushed down the list because those young people have absolutely nowhere else to go. If there is no funding available for adults whose family members can no longer care for them, they may be placed in nursing homes.

### What does that mean to me?

Conservatively, the information available to the state shows that each year, an additional \$180 to 186 million dollars is needed to serve the people on the wait lists. An increase in the state sales tax from 2.9% to 3.1% will yield that much money each year. The state sales tax does not apply to groceries, prescription medicine, medical services, rent, mortgage payments, insurance, gasoline or utilities. A \$10 sweatshirt will cost an additional 2 cents. A \$50 pair of jeans will cost an additional 10 cents. Families earning \$55,000 per year would pay an additional \$20.

# Arc Thrift opening new store by Southwest Plaza

The wait is over! For all of you living in southern Jefferson County, a new arc Thrift store will be opening in your neighborhood on Thursday, November 13. The Arc in Jefferson County will be there to support the opening from 9 a.m. to 1 p.m. on Saturday, November 15. Please stop by and see us!

The store will be located in the Bowles Marketplace center directly south of Bowles across from Southwest Plaza. It will anchor the west end of the center occupying the former Hancock Fabrics and Kwal Paint spaces.

"Littleton is an area where arc Thrift has long wanted to

open a store, and we were just waiting for the right location. We are looking forward to serving shoppers and donors alike in this great neighborhood," said Kathy McAdoo, Director of Business Development for arc Thrift.

Donating to and shopping at arc Thrift stores makes it possi-

ble for the local chapters of The Arc to support people with developmental disabilities and their families, so please share this exciting news with your family, friends and neighbors. For updates or more information, visit the arc Thrift web site at [www.arcthrift.org](http://www.arcthrift.org).

## Assisted Cycling hosts festival for kids and families October 18

Assisted Cycling Tours, a non-profit organization that provides bicycle trips for people with disabilities and their families, is hosting a bike festival on October 18th at Fletcher Miller School in Lakewood from 10:30 a.m. to 1:30 p.m. The school is located at 200 Kipling Street, immediately south of the Jeffco Football Field. Admission is \$10 per person and will include tandem bikes to ride, food, drinks, music as well as other entertainment like face painting and clowns.

In addition to the entertainment and bicycles, there will be a variety of resources for families including an information booth for The Arc in Jefferson County and other resources from both the private and public sectors.

Additionally, there will be some silent auctions of items from around Denver including Pilates sessions, massage sessions and a variety of other items like pies, baked goods and dinners from local restaurants.

For more information, contact Bob at 303.945.6205.

*You're invited!*

Dear Friends,

My name is Chris Burke and I'm delighted to be your Entertainer and Keynote Speaker at the Starfish and Dreams arc Thrift Celebration on October 29th. This is a special evening as the arc Thrift Stores are celebrating their 40th Anniversary in Colorado.

As some of you may know, I starred in the ABC Drama "Life Goes On" and later appeared in the CBS show, "Touched By An Angel." My work as a Hollywood Actor, and now as a musician, further emphasizes the opportunities available for people with Down Syndrome and developmental disabilities. We can, and do, lead productive lives and fulfill our dreams.

I want to personally invite you to the dinner and encourage you to support arc Thrift and the work being done by chapters of The Arc across the State. Their hard work and dedication enables people with developmental disabilities the opportunity to aspire and achieve great things.

The Starfish and Dreams Celebration is about making a difference in at least one person's life and recognizing that dreams come true. We hope you'll support our efforts and join us on October 29th.

Best regards,

*Chris Burke*



For more information visit [www.arcthrift.com](http://www.arcthrift.com) or call Aspen Kass at (303) 231-9222.

# Site offers social networking for people with disabilities

Disaboom.com is a dynamic, interactive resource for people with disabilities and those whose lives they touch. It combines disability-related health and lifestyles information with an engaging, member-driven community of personal profiles, blogs, forums, and shared-interest groups, tailored to your needs. Providing a place for you to learn about – or talk about – your spinal cord injury, back or neck pain, diabetes, cerebral palsy, depression, fibromyalgia, multiple sclerosis, osteoarthritis, amputation, or other condition, Disaboom is working hard to help you connect at your point of need, interest, or engagement.

Disaboom.com was founded by Dr. J. Glen House, a physician specializing in physical



medicine and rehabilitation who is also a quadriplegic. His firsthand knowledge of the challenges faced by individuals with disabilities and those whose lives they touch has driven the Disaboom.com mission: to create the first comprehensive, evolving source of information, insight, and personal engagement for the disability community.

Disaboom.com is based on the following core beliefs:

*Expertise comes in many forms.* Often the best advice comes not just from medical experts but also from “peers” – others who’ve walked the path you’re on. That’s why in addition to providing sol-

id medical expertise, we’ve also put together the largest online network of individuals to share their personal experiences with you, providing honest, practical answers to hard questions.

*Knowledge is power – and so is community.* Disaboom.com strives to provide you the tools and guidance you need to live active, engaged lives. But when it comes to sharing stories and personal insights, there’s nothing stronger than the power of community – which is why we’re connecting the millions touched by disability to both information and each other.

*You don’t have to be disabled to be touched by disability.* The Disaboom.com community is as diverse as the communities we live in, made up of mothers and

models, surfers and surgeons, babies and baby boomers. Our network of 180 million and growing includes not just individuals with disabilities, but also medical practitioners, caregivers, employers, family members, teachers, and others. In so many important ways, people with disabilities may be anyone – and everyone.

*The word “disability” may apply to us – but will never define us.* We decide who we are, and what lives we will create. The goal of Disaboom.com is to provide the information, community, and connection you need to define who you are, and what life you will lead.

To learn more, visit [www.disaboom.com](http://www.disaboom.com).

## Speech therapist for people with Down syndrome coming to Denver next month

The Rocky Mountain Down Syndrome Educational Fund is proud to present Jennifer Meyers Bekins as the keynote speaker at this year’s annual Down syndrome symposium. A leading expert in communication and Down syndrome, Bekins will focus on early communication skills and parent-child interaction at this two-day event.

Day One is geared toward professionals with topics including current

research, speech and language therapy applications, behavior communication strategies and case examples. Day Two is open to families and will cover communication skills from early childhood development through the adolescent years. Both days run from 9AM to 4PM, and lunch is included.

Cost is \$50 for professionals and \$15 per family member or \$25 for two. For more information, please call (303) 636-5963.

## Self-advocate witnesses Obama’s historic speech at DNC in Denver

by Jan Beckett  
*Mail Room Specialist, Bureau of Reclamation*

In August, I witnessed a historic event. I met with a group of Self Advocates and our advisor at Invesco Field to witness Barack Obama’s acceptance speech as the Democratic candidate for President of the United States.

All six of the Self Advocates were in section 104, Club East. We saw a lot of great entertainment—Sheryl Crow, Jennifer Hudson, Stevie Wonder, and Michael McDonald—while we waited for Barack Obama to give his acceptance speech.

I had a wonderful time. I talk-

ed to a lady who saw Oprah in our club section right above us. I saw Forrest Whitaker, the actor, and talked with a lady who works with Matt Lauer of the Today Show. Finally, it was time for Barack Obama’s acceptance speech. He was fantastic, and there were fireworks after. I got home about 11:00 p.m., but I was too wide awake to sleep.

This was all made possible through our advisor for People First of Denver. Ken and I went as Self Advocates speaking for ourselves. It was a night I won’t soon forget.

# Calendar of Events

## October 2008

**Tuesday, October 7**  
*Workshop for Parents of Students on The Autism Spectrum.* ArcJC offices, 6:30 to 8:00 p.m. See page 5.

**Wednesday, October 8**  
*SPARC Awards,* Wheat Ridge Recreation Center, 4005 Kipling Street, 6:00 to 7 p.m.

**Thursday, October 9**  
*Mobilizing Families,* Week 4. ArcJC offices, 6:30 to 8 p.m.

**Sunday, October 12**  
*Movie Night* for transition-aged self-advocates. ArcJC offices, 6:30 p.m.

**Wednesday, October 15**  
*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, October 16**  
*Mobilizing Families,* Week 5. ArcJC offices, 6:30 to 8 p.m.  
*People First Coffee House.* Atlanta Bread Company, Alameda & Wadsworth, 6:30 to 8 p.m.

**Saturday, October 18**  
*SFO Quarterly Conference,* Colorado Springs. Call (303) 232-1338 x207 for more information.

**Tuesday, October 21**  
*Try Another Way* book reading and reception with author Jo Lynn Osborne. ArcJC offices, 6:00 to 7:30 p.m.

**Tuesday, October 28**  
*Components of an IEP.* Jeffco Ed Center, 6:30 to 8:00 p.m. See page 5.  
*Special Needs Trusts.* DDRC, 4:00 to 6:00 p.m. See page 5.

**Wednesday, October 29**  
*Arc Thrift Annual Dinner, Starfish and Dreams* featuring keynote speaker Chris Burke. 6:00 to 9:00 p.m. Open to public. For more info or to register call Aspen Kass at (303) 231-9222.

**Thursday, October 30**  
*Mobilizing Families,* Week 6. ArcJC offices, 6:30 to 8 p.m.

## November 2008

**Monday, November 3**  
*Speaking For Ourselves Conference Call.* 3:30 to 4:30 p.m. For SFO Board Members and chapter to state liaisons. Other SFO members can listen but cannot vote. RSVP to Louise x207.

**Wednesday, November 5**  
*Think Different Tour,* ArcJC offices, 12 to 1 p.m.

*Rocky Mountain Partners Aktion Club.* ArcJC offices, 4 to 5 p.m.  
*People First.* ArcJC offices, 6:30 to 8 p.m.

**Thursday, November 6**  
*Mobilizing Families,* Week 7. ArcJC offices, 6:30 to 8 p.m.

**Sunday, November 9**  
*Movie Night* for transition-aged self-advocates. ArcJC offices, 6:30 p.m.

**Thursday, November 13**  
*Mobilizing Families,* Week 8. ArcJC offices, 6:30 to 8 p.m.

*Arc Thrift Store Grand Opening* at Bowles Marketplace. See page 8 for details.

**Saturday, November 15**  
*Arc Thrift Store 50% Off Sale* at Bowles Marketplace. ArcJC will be greeting shoppers from 9 a.m. to 1 p.m. See page 8 for details.

**Tuesday, November 18**  
*Workshop for Parents of Students on The Autism Spectrum.* ArcJC offices, 6:30 to 8:00 p.m. See page 4.

**Wednesday, November 19**  
*Annual Membership Meeting,* ArcJC offices, 6:00 to 8:30 p.m. See page 2 for more information.

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

**Thursday, November 20**  
*Mobilizing Families,* Week 9. ArcJC offices, 6:30 to 8 p.m.  
*People First Coffee House.* Atlanta Bread Company, Alameda & Wadsworth, 6:30 to 8 p.m.  
*Special Needs Trusts.* DDRC, 10:00 a.m. to noon. See page 5.

**November 27 - 28**  
*Arc offices closed for Thanksgiving.*

## December 2008

**Wednesday, December 3**  
*Think Different Tour,* ArcJC offices, 12 to 1 p.m.

*Rocky Mountain Partners Aktion Club.* ArcJC offices, 4 to 5 p.m.  
*People First.* ArcJC offices, 6:30 to 8 p.m.

**Sunday, December 7**  
*Movie Night* for transition-aged self-advocates. ArcJC offices, 6:30 p.m.

**Wednesday, December 10**  
*Board of Directors Meeting.* ArcJC offices, 6:00 to 8:30 p.m. Open to the public.

**Monday, December 15**  
*Holiday Open House,* ArcJC offices, 4 to 7 p.m. RSVP Required.

**Wednesday, December 17**  
*Rocky Mountain Partners Aktion Club.* ArcJC offices, 4 to 5 p.m.

**Thursday, December 18**  
*People First Coffee House.* Atlanta Bread Company, Alameda & Wadsworth, 6:30 to 8 p.m.

**December 25 - 26**  
*Arc offices closed for holidays*

## January 2009

**January 1-2**  
*ArcJC offices closed for New Year's holiday.*

**Wednesday, January 7**  
*Think Different Tour,* ArcJC offices, 12 to 1 p.m.

*Rocky Mountain Partners Aktion Club.* ArcJC offices, 4 to 5 p.m.  
*People First.* ArcJC offices, 6:30 to 8 p.m.

**Thursday, January 8**  
*Mobilizing Families, advanced session* for graduates. ArcJC offices, 6:30 to 8 p.m. For more information, contact Jo Lynn at (303) 232-1338 x206.

**Wednesday, January 14**  
*Special Needs Trusts.* DDRC, 3:00 to 5:00 p.m. See page 5.

**Thursday, January 15**  
*People First Coffee House.* Atlanta Bread Company, Alameda & Wadsworth, 6:30 to 8 p.m.

*Mobilizing Families, advanced session* for graduates. ArcJC offices, 6:30 to 8 p.m. For more information, contact Jo Lynn at (303) 232-1338 x206.

**Monday, January 19**  
*Martin Luther King Day.* ArcJC offices closed.

**Tuesday, January 20**  
*Workshop for Parents of Students on The Autism Spectrum.* ArcJC offices, 6:30 to 8:00 p.m. See page 4.

**Wednesday, January 21**  
*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, January 22**  
*Mobilizing Families, advanced session* for graduates. ArcJC offices, 6:30 to 8 p.m. For more information, contact Jo Lynn at (303) 232-1338 x206.

## February 2009

**Wednesday, February 4**  
*Think Different Tour,* ArcJC offices, 12 to 1 p.m.

*Rocky Mountain Partners Aktion Club.* ArcJC offices, 4 to 5 p.m.  
*People First.* ArcJC offices, 6:30 to 8 p.m.

**Monday, February 16**  
*President's Day.* ArcJC offices closed.

**Wednesday, February 18**  
*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, February 19**  
*Mobilizing Families,* Week 1. ArcJC offices, 6:30 to 8 p.m. To register for the spring session, call Jo Lynn at (303) 232-1338 x206.

*People First Coffee House.* Atlanta Bread Company, Alameda & Wadsworth, 6:30 to 8 p.m.

**Thursday, February 26**  
*Mobilizing Families,* Week 2. ArcJC offices, 6:30 to 8 p.m.

**Tuesday, February 24**  
*Components of an IEP.* Jeffco Ed Center, 6:30 to 8:00 p.m. See page 5.

# Tips for advocacy assistance

- Keep lines of communication open all the time. Pick up the phone, compliment, write thank you notes, recommend a new strategy, visit, offer options, help and become a team player.
- Write, email or tape record to yourself an objective and positive statement(s) regarding outcomes you desire.
- Define the issue. Write it out for your own benefit. It doesn't help to re-play negative "tapes" in your head!
- Think and plan for what you feel is the next appropriate step toward resolution of an issue.
- Call or write the person with whom you are in disagreement. Take a deep breath and make sure that you are calm and poised. Role play the situation out with a trusted friend or write a letter... but sleep on it and re-read it before sending it out.
- Connect where possible with others including those who are in your position, family members and friends; read related articles in magazines, books or internet; chat with a third non partisan or uninvolved party to get a new angle on your perspective.
- Use the chain of command as needed. Politely inform the person that you would like to have his/her supervisor also review the situation to see if everyone can come to a third alternative.
- Obtain a copy of the organization's appeals or dispute resolution process. Follow it to the next level if needed.
- Ask someone to come with you to a meeting. This can be a friend, neighbor, co-worker, pastor, buddy etc. It is amazing sometimes to check after a meeting or staffing and see how his/her impressions of what was said can be different than yours. Or, perhaps you can validate your impressions.
- Apply random acts of kindness (without bribery).
- Call well in advance, when possible, of a specific staffing or meeting when requesting advocacy assistance. Provide as much background information and/or records as appropriate to your request. If the advocate has not met the person who is in discussion, it is helpful to provide a photograph or a picture that the person has made and/or the like. It helps personalize the process.
- Provide the organization you want to meet with and the advocate with an objective account of your agenda items well in advance of the meeting, much like what you would like of them to do for you. (remember the Golden Rule?)
- Prepare yourself to speak in the present... talk about things in the present, here and now where changes can be made in the here and now. Avoid bringing up issues of past history where providers, etc. are no longer in the picture.
- Advise the advocate what you desire his/her role to be i.e., to be a third set of ears... to restate your position if you become emotionally upset in the meeting? etc.
- Remember that the advocate is not your spokesperson. No one can speak as directly as you can to your issues or concerns. YOU indeed are your own best advocate! Take the opportunity to speak up.
- Your advocate may not be there in years to come. Your advocate is there to guide you through the maze and to help you or the other party to better understand a situation for a specific time and/or place.
- Too often we have heard schools or agencies state that they heard from the advocate, but not the consumer or student/parents themselves. Step into their shoes for a minute and "see" how hard it is for them to feel that you have an issue if they haven't heard from you directly.
- Schools and agencies WANT to know what they are doing well and where they can improve services. Advise them as such! Consider yourself a partner in the process, and your advocate is a partner in the process, too.

## Support The Arc by becoming a member!

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

Address \_\_\_\_\_

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

Phone \_\_\_\_\_

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

**Annual membership rates:** Individual \$20, Household \$30, Business \$50. Individuals with developmental disabilities are eligible for a 75% discount.

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

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

**BRITTANY IBARRA**

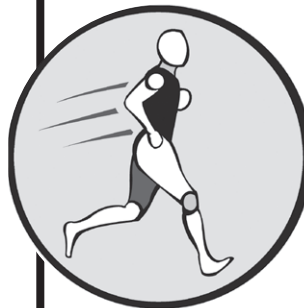
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**[www.endcoloradowaitlist.org](http://www.endcoloradowaitlist.org)**

*Because we will not be publishing a newsletter in December 2008, we have many events to be included on our calendar. Please see page 10 of this issue for a complete listing of upcoming events, and be sure to check our web site at [www.arcjc.org](http://www.arcjc.org) for any additions or changes.*



**The Arc in Jefferson County**  
8725 W. 14th Ave., Ste. 100  
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[www.arcjc.org](http://www.arcjc.org)

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