

LETTER TO RITTER:

We applaud your Colorado promise

Dear Governor Ritter,
 First, let me congratulate you on becoming Colorado's new governor. On behalf of The Arc in Jefferson County, we wish you success as you bring the "Colorado promise" to individuals with developmental disabilities and their families. I was impressed by your inaugural words as I sat in the north stands at the Capitol, when you stated the need for a "social compact" and included people "with disabilities" as a group when describing vulnerable populations. We believe you and pledge to work with you.

Now, as your friend Mike Rosen suggests, I'll tell where I sit before I take a stand. Like you, I am a Colorado native. [I've just been around a few years longer than you have.] I love our state and like the words of a song I wrote a long time ago, "I love Colora-

do, snow, flower and deer. I love Colorado and I raise my children here." Two of my children, one natural and one adopted from China, have developmental disabilities. I've been in the disability field a long time—longer than your predecessor was in state government!

Did you know that Colorado is 48th in per capita spending for programs serving children and adults with developmental disabilities? When I tell people that, most are shocked. They wonder how that could have happened in a state like ours.

Did you know that for every adult with developmental disabilities being served by a community-centered board, there is another person "waiting" to be served? One community-centered board director recently said that for someone waiting for a group home or host home placement, the current wait would be 73 years. Yikes!

Did you know that many

Let's fulfill the Colorado Promise by living up to our part of the social compact. Such an important part of who we are as a state, and really as a nation, is the social compact -- the covenant that says government exists for the people, for all people. It exists to provide legitimate public functions. It exists to ensure we take care of seniors, and the disabled, and for those who struggle mightily -- whatever the reason. Government has a responsibility to intersect with their struggle, looking always for ways to improve the quality of their lives.

§ GOVERNOR BILL RITTER in his inaugural address

of those waiting to be served are living at home with family members in their 70s and 80s? That's the situation for many members of The Arc.

Back in the 60s, many of us were considered "radicals." Now it's time for some new radical thinking. Colorado is too great a place to live and raise families to come up 48 on any list.

Sincerely,



*Dear ArcJC readers,
 I suspect our new governor knows the answers to my questions. I think he wants to help. Let's take him at his word.*

--- Todd

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NOTICE

The Arc in Jefferson County is in the process of changing our membership procedures. As a result of these changes, many who have recently joined or renewed their membership may experience delays in receiving their notification letters. We hope to be caught up in the next few weeks. If you have any questions or concerns, please contact Genni Williams at (303) 232-1338 x209.

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The Arc Independent is published during even-numbered months and should arrive before the 10th of that month. In order to keep costs down, newsletters are mailed via bulk mail, which can result in delivery delays. An online version of this publication is available for download on the 1st of the publication month at our website www.arcjc.org.

AAMR changes name to AAIDD

Effective January 1, 2007 AAMR has officially become the American Association on Intellectual and Developmental Disabilities (AAIDD). With this change, AAMR joins other similar organizations who have made the decision to move away from the term "mental retardation" (MR.) in the organization name, and to replace it with the term "Intellectual Disability" (ID).

Other associations that have made this change include the former President's Committee on Mental Retardation, now the Presidents Committee on Intellectual Disability, and the International Association for the scientific Study of Intellectual Disability (IASSID).

To learn more, visit AAIDD online at www.aaid.org.

Play for free at Children's Museum

The Children's Museum of Denver is now free to the public on the first Tuesday of every month from 4-8 p.m. The next

free night is scheduled for Tuesday, February 6.

These free nights have been generously funded by Target.

Getting Connected

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

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

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

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

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

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

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

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

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

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

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.



Come learn about the exciting work of our organization! Please RSVP to Genni at (303) 232-1338 x209 with the date you would like to attend. Each tour lasts one hour.

- Wednesday, February 7 @ noon
- Thursday, February 15 @ noon
- Tuesday, February 20 @ 4:30 pm
- Wednesday, March 7 @ noon
- Thursday, March 15 @ noon
- Tuesday, March 20 @ 4:30 pm
- Wednesday, April 4 @ noon

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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Holiday open house draws large crowd

The annual ArcJC Holiday Open House proved to be a merry and festive affair complete with live music, great food, and plenty of friends. More than 200 people stopped by to join in the festivities and ring in the holidays with our friends, families and supporters. A big thank you to photographer Gerry Stoll.

Clockwise from top right:
 1) Newlyweds Greg & Terri Erickson;
 2) Andrew Broughton with his grandmother Frances Myers;
 3) Executive Director Todd Lowther joins in with the band as David Eaton and Lisa Potter watch the activity;
 4) Todd's parents, Arthur & Doris Lowther;
 5) Educational advocate Patricia Fulton with her husband and daughter (her son was making rounds around the office);
 6) Jan Beckett and Paula LaRiviere.



Functional behavior expert to lead workshop March 12-13

Dr. Brian Iwata, a specialist in functional analysis, will be leading a two-day workshop for individuals involved in the education, training and treatment of people with autism and other developmental disabilities. The workshop will be held March 12-13 at the Grand Hyatt Denver.

The most significant advancement in the assessment of severe behavior disorders over the past 20 years has been the development of functional analysis.

This approach has been mandated in a number of federal standards, state guidelines, court decisions, and most recently in IDEA amendments of 1997. Extensive research has

shown that functional analysis is invaluable in guiding decisions about treatment selection and can produce clinically significant outcomes without the necessity of using punishment procedures.

In this workshop he will provide a comprehensive review of all the currently used techniques. The emphasis will be on translating research into practical application, with extensive use of case examples, audience exercises, and handouts.

Brian Iwata's work has focused on almost every behavioral aspect of developmental disabilities, including basic skills acquisition, community preparation, eating disorders, self-in-

jurious and aggressive behavior, and staff performance. In addition to directing clinical research programs in each of these areas, he has served as an expert evaluator at the individual level as well as consultant to the departments of health, mental health, and mental retardation in over 25 states. His approach to treatment based on these experiences integrates the perspectives of the clinician, researcher, administrator, and peer reviewer.

Dr. Iwata received his Ph.D. in Psychology from Florida State University and is currently Professor of Psychology and Psychiatry at the University of Florida, Director of the Florida Center on Self-Injury, and Di-

rector of the UF-ARC Prader-Willi Syndrome Program. He previously held faculty appointment at the Johns Hopkins School of Medicine and Western Michigan University.

His primary areas of interest are applied behavior analysis, behavioral pediatrics, developmental disabilities, program evaluation, and staff management. He has published over 200 articles and chapters on these topics, and he has received over \$5 million in research grants to support that work.

For more information, please call Dr. Walt Antonow at (662) 234-1640.

RMN summer camp resource guide coming to newsstands Feb. 19

With mountains of snow piled all around us, it's hard to imagine winter will ever end, but rest assured, summer is just around the corner. It's not too soon to begin thinking about summer camp and how you can help your kids create some camp memories of their own.

The *Rocky Mountain News* will publish their annual guide to summer camps on February 19th. Most camps run from June through August.

Watch for this jam-packed issue full of information about day camps; overnight camps; camps for special-needs youths; sport camps; and camps specializing in arts, hobbies, and other interests.

JFK Partners to host Pyramid Approach conference

The University of Colorado at Denver Health Sciences Center and JFK Partners will host an intensive training on the Pyramid Approach. The four-day conference—titled “Strategies to Promote The Social Emotional Competence of Young Children and Address Challenging Behavior”—will be held in Denver April 24-25 and May 15-16.

The program will teach preventative

practices; social emotional teaching strategies; individualized interventions for children with significant challenging behaviors; and leadership strategies to support the use of these programs.

Registration for the conference is \$375, including materials, breakfast and lunch. To register or learn more, visit www.jfkpartners.org/workshops.asp.

Register now for inclusion conference Feb. 15-17!

The 2007 Conference on Inclusive Education: Create an Educational Masterpiece is shaping up to be the best conference to date! Make plans now February 15-17, 2007 in Denver, CO.

Session highlights include: New changes to IDEA; Early Childhood strand;

Transition strand; Positive Behavior Supports (PBS); Differentiated instruction; Response to Intervention (RtI); and many more.

For more information, contact PEAK Parent Center in Colorado Springs at (719) 531-9400 or by email at info@peakparent.org.

International group denounces “Ashley Treatment”

(London) – Inclusion International and its more than 500,000 individual members around the world expressed its condemnation of the “Ashley Treatment.” The “Ashley Treatment” is the name being given to a collection of medical interventions including hysterectomy, breast bud removal and the use of hormone treatment to stunt growth and stop development into adulthood. It is being used at the request of parents of a nine-year old US girl who has a severe disability to prevent her from growing as she ages.

Diane Richler, President of Inclusion International decried the treatment as threefold discrimination against Ashley as a person with a disability, a girl and a child. “Just last month we celebrated the adoption of the new United Nations Con-

vention on the Rights of Persons with a Disability,” said Richler. “Ashley’s situation teaches us that our celebrations were premature. Until the Convention is fully ratified and implemented, discrimination against Ashley and millions in similar situations will continue.” The Convention specifically recognizes the need for special caution in protecting the rights of women and children, for awareness-raising “including at the family level...and foster(ing) respect for the rights of persons with a disability”, for combating stereotypes, for equal treatment under the law, including supports for decision-making, freedom from degrading treatment and the right to ‘full physical development’.

Inclusion International is a federation of national family-based organizations in

more than 115 countries, so its members identify strongly with Ashley’s parents. Parents should not be forced into making such hideous choices. Especially in a country with the wealth and resources of the United States, supports should be available so that Ashley could be supported to remain with her family and to grow and develop to her maximum. “It is when our countries and communities let families down, and leave them the full responsibility of care that families are sometimes pushed to make choices that would be unthinkable if their personal and financial resources were not being stretched to the breaking point,” concluded Richler.

For further information contact Diane Richler, President, at dianer@inclusion-international.org

Editor’s note: A long-time member asked us to reprint this article that appeared in our newsletter in the early 1980’s.

“I have kept it this many years, and continue to find solace in the reading,” she wrote. “Those many years ago I did not know that it was all right for me to grieve as well as delight with my child, and was just recognizing this process – ‘the grieving over a handicapped child is forever.’

I would like to see it in our newsletter for those parents that might be where I was almost twenty five years ago, and for those of us that have lived and grown in our hopes and dreams for our children these many years. I find comfort in this simple article and hope that others may also.”

Grief and loss cycle for parents

(Excerpts from: The Grief Reaction, Dr. Gilbert Foley, and Impairment in Children: Growth Through Grieving, Kenneth L. Moses, PhD)

All parents have dreams about who or what children will be for them, long before they become adults. Impairment in a child shatters those dreams and parents grieve the loss of a dream.

Grieving is the process of separating from a lost dream. It’s a process not a product. It is coping and generation of something new, not just acceptance. It is a spontaneous process that starts all by itself. Workaholics and procrastinators cannot put it off. It’s a feeling process, not a head or intelligence process, although the feelings may move to your head.

When a loved one dies, you lose a dream once, when you lose a person to a handicap (disability) you lose a dream

and often the grieving over a handicapped child is forever. It becomes part of your character. It reoccurs, but none of this is bad.

The most difficult times are: Initial diagnosis, normal school age, puberty, age of leaving home, and when parents are at retirement age.

Who will take care of the handicapped person? The dream of a care-free, worry free retirement is shattered.

Loss and grief touches everyone in varying degrees. However, the intensity of the reaction differs with each individual.

Grief is the healing process of a significant loss, not a pathological reaction. Parents need permission to grieve over their loss and to understand it is a healthy and important process in healing. Our own loss and grief is the common link through which we can understand each other.

ArcJC loses longtime friend, supporter Alan Feuer

Editor's note: Following is the eulogy for Alan Feuer given by Jeanne Weis, Director of Adult Advocacy at Alan's memorial service on January 3, 2007.

Alan Feuer, one of The Arc in Jefferson County's charter members and current treasurer of People First/JC passed away December 28th after becoming seriously ill.

Alan was deeply involved in every aspect of life, as evidenced by a short list of his achievements:

- » A long-standing self-advocate
- » A consumer advocate—with the exact resource likely right there in his pocket—*somewhere*
- » A co-worker with a smile
- » An employee who was never angry (and that's a direct quote)
- » A transportation consultant
- » An environmentalist
- » A devoted friend
- » A boyfriend
- » A loving brother
- » A family man
- » A group member—one who actually attended regularly
- » A man who spoke his mind, and usually shared his opinion
- » A man about town
- » A legend in his own time

A good friend commented recently that Alan was someone who was truly interested in what was happening in your life – your family members, your spouse, your kids, your dating life, your plans, your birthday, your pets,

People First of Jefferson County, The AKtion Club, and DDRC's Consumer Council are going to plan a Memorial Spaghetti Dinner in the spring, in memory of Alan Feuer. Please contact Jeanne Weis at (303) 232-1338 x204 to get on the mailing list for this upcoming event.



your diet, and your friends. He remembered what you shared with him, and never forgot to ask for an update.

Alan always had a heart for helping others out, befriending those in need (and possibly bringing them home for lodging), and helping other people who were (and I quote Alan now) "a little bit handicapped." Alan always knew who you should call for what, and usually had the right number handy. The number of his old friends that I've had contact with these past few days is just amazing. They were from Boulder, Broomfield, Lakewood, Denver, Westminster, Colorado Springs, and Grand Junction, just to name a few. His cell phone and his friends were his life line. Alan always had a good connection!

Historically, Alan could find a scholarship for himself and his twin brother for almost any conference that's been held. Alan was involved with just about every self-advocacy group, church group, and disability organization; and he knew where there was a dance, a board meeting or a congregational dinner on most every night of the week.

I wonder how many people and or-

ganizations represented in this room today just hosted a holiday function, and wondered where Alan was; or worse yet --knew he was in the hospital and already missed his presence. Alan was a life force in the community, and will be sorely missed by many.

So, there are a few simple things I think we could all go out and do in memory of Alan:

1. Go get a car wash, because, you know, your car really is dirty;
2. Support your local laundromat, your local tailor, and local barber;
3. Keep in touch with your friends, give them a quick call just to let them know are thinking about them and you still care;
4. Get involved in your community—find a group to get involved with and try to be a part of positive change – *don't just sit there and do nothin'!* . . . and lastly. . .
5. Experience the simple pleasure of taking even just one minute out of your day—to bust someone's chops – and do it with a twinkle in your eye!

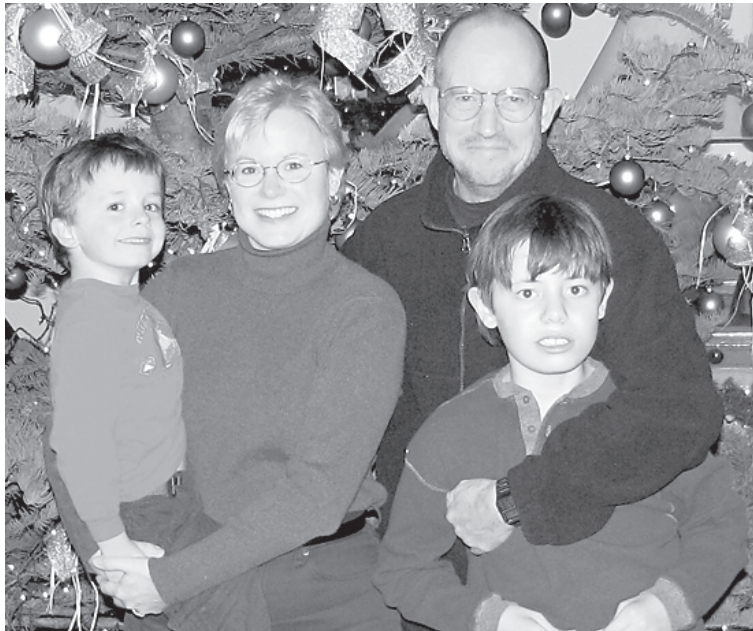
It's the very least you can do to honor our friend, Alan Feuer.

May he rest in peace!

ArcJC training proves life-changing for new board president

I'm Barbara Young, the incoming board president for the Arc in Jefferson County. I have a wonderful husband and two great kids – Owen, who is 11 and in fifth grade, and Cooper, who is an active 5-year-old kindergartner. Owen was diagnosed with autism when he was about two and a half, and The Arc in Jefferson County was one of the first agencies to reach out to us with resources and ideas about what to do next.

The Arc's *Mobilizing Families* program was a life-saver for us. It put so much invaluable information together in a series of presentations that covered everything we had questions about, and opened our eyes to options for our son that



ArcJC board president Barbara Young with husband Mike and sons Cooper (left) and Owen (right).

we never would have thought of on our own.

This experience with The Arc in Jefferson County made

it easy for me to say “yes” when I was asked to join the Board four year ago. I'm proud to be a part of such a passionate and

dedicated group of staff and board who make such a difference in people's lives.

I'm very excited about our 'Think Different' tours that we have been running the last six months – I think it is so important to let our local community know about the great work that we do and to give them a new perspective on ability. If you know anyone who might be interested in our work or who might benefit from our services, please let them know about this option to find out more about The Arc in Jefferson County!

Like beauty, accessibility is in the eye of the beholder



by Patricia Fulton
Educational & Family Advocate

covered by three feet of snow — you could actually see the streets and sidewalks, but it was soon obvious that D.C. had a better understanding of what accessibility means.

This summer we took a family trip to the theme parks in Florida. When seeking information about both our Florida and D.C. trips, the visitor information for both places stated they were accessible for those with disabilities, and that each is designed to accommodate thousands of tourists.

The brochures were true — both places were indeed accessible — but there was a difference in the quality of accessibility.

At the theme parks, the

walkways were indeed wide enough for a person to walk alongside a wheelchair. However, at one park the walkways changed texture and style to keep with the theme. Within the park, the walkways changed from smooth concrete to cobblestones then to deep impressions in the concrete in the shape of animal footprint shapes and then sticky asphalt. It was a bumpy ride!

On the other hand, the sidewalks in D.C. were just as wide as the walkways at the theme parks, but they were smooth and even-surfaced. There are curb cutouts on every curb; a full minute (not 20 seconds) to cross the street; ramps, elevators and automatic doors that work.

In D.C. we were able to ride their subway system, take a trolley tour, visit museums, and memorials (even the ones with steps had nearby elevators).

The biggest difference in accessibility that we noticed was in the restaurant areas of some of the attractions. The restaurant areas at the museums had room for wheelchairs at the tables, but at the theme parks we had to transfer to a chair and leave the wheelchair in the “stroller-holding zone.”

Subtle differences, and both places technically meet accessibility standards, but it seems that D.C. has put forth a thoughtful effort to make their city truly accessible to everyone.

Between Christmas and New Year's, my family took a mini-vacation to Washington D.C. and found ourselves surprised by how easy it was to get around the city. At first we thought maybe the accessibility was because D.C. wasn't

Snowstorms highlight need for support of neighbors



by Jo Lynn Osborne
Assistant Executive Director

I took some time off during the month of December, which gave me time to spend with family and friends. It also meant I was home during all the snow storms, so I got to the chance to visit with neighbors as we shoveled out of the townhouse complex where I live.

Of course, since I live in a townhouse, our housing association came through and cleared out all of the alleyways, but we still had to be able to get out our doors, clear paths to our cars, and to get our cars out of their spots. It's in times

like these that we remember the importance of working together and helping your neighbors, and to work through it without complaining.

Fortunately for me and my neighbors, my son-in-law came to the rescue with his snowblower. He was certainly the hero on our block. Even something like this was just another reminder of how important it is to have the support of family and friends in the community where you live. People offered to pick up groceries for me; some called to see if I needed a ride anywhere. Being as community-focused as I am, I would definitely call that responsiveness and kindness an example of community in action.

Once I was able to get out and about, I was then able to pass on the same type of assistance to people I know who were not able to get out because of the weather. I gave rides to people who couldn't get to the bus stop because of

the ice and snow. With the mountains of snow piled on the sides of roads, it would have been hard for anyone to get to a bus stop, and it was even more difficult for people who use wheelchairs or are visually-impaired.

Even the people who use Access-a-Ride weren't able to get out of their homes because they had no way to shovel out to get to the bus. I know one man that had plans for Christmas day but wasn't able to get to his destination because he couldn't get from his door to the curb to be picked up.

My son and his wife both had Access-A-Ride set up to bring them to my house, but the alleyways in their complex were nearly impassable. My daughter still had to go over there Christmas morning to meet the driver and get everyone to a place where David and Jennifer could actually get on the bus, and then they led the driver back to my house to make sure he avoided some

of the more treacherous roads in my neighborhood. As for the bus drivers, they did the best they could in a difficult situation, often calling ahead to see if they would be able to get in and out of apartment complexes.

Most of us have weathered the storm – at least till the next one hits—but I'm still driving by bus stops that aren't shoveled out, weeks after the storms. The roads and sidewalks may be clear, but the bus stops often have a large heap of snow that has evolved into an ice hill. Who knows when it will get back to the way we are used to living here in Colorado.

Hopefully after the deep freeze ends and the sun is out, we will catch a break and all this snow and ice will melt. In the meantime until the grass reappears, remember there are those around you who may still be stranded and could use your help.

SoloSolutions for single parents of kids with disabilities

by Carrie Sonneborn
PhD and ArcJC member

Considering that half of all marriages end in divorce and that having a child with a disability puts unique strains on any relationship, it is a fair assumption that at least half of all kids with disabilities are being raised by a single parent. As a single mom of a 5 ½ year-old boy who has autism, I often found I was the only

single parent present at support group meetings. Finally, I started to wonder, where are all the single parents?

I soon found out. It is particularly challenging for a single parent to even get to a support group meeting. Just arranging child care is an organizational feat, not to mention justifying the expense in the first place. Alas, we single parents don't have a spouse who can look after the kid(s) while

we pop out for such 'non-essentials' as a support group for ourselves. In the end, it's these parents who are the most isolated and in need of support who are also the least able to access support.

If we do manage to get to a support group meeting, it seems the meeting is inevitably focused on the situation of couples. Our situation seems so dire in con-

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State needs to retool DD system for 21st century



by Louise Todd-Stoll
Director of Individual
& Family Support

In Vermont, under a pilot program called Choices for Care, a family member or friend can be paid \$10/hr to care for a Medicaid-eligible elderly individual or adult with disabilities who wants to stay in his/her own home.

This program could spark a nationwide revolution in long term care, and it's time a few sparks were generated in Colorado. It's time to begin to think

outside of the box because what we have is not working.

The waiting list for comprehensive services is long and the lawsuit did not produce the results hoped for.

Supported Living Services (SLS) are limiting, and what's covered is always in jeopardy.

It is time to think beyond the beyond.

Providing residential comprehensive services in one's own home has been on the table for some time, but it is not in our pocket yet.

Other topics such as self-determination were on the table and then taken off for the time being.

What we need to do is shake the entire system down and re-build for the 21st century. After all, our waiver program was built on a medical model back in the 1980's and isn't really specific to peo-

ple with developmental disabilities. If the Medicaid model can't work for us, we need to turn elsewhere.

The Choices for Care has been in operation for over 16 months. The state has been able to contain Medicaid costs because the program establishes a less expensive alternative

\$160 per day. Saving money on nursing home services has enabled the state to reinvest those savings into serving more people."

Choices for Care is a "first in the nation" Medicaid waiver that offers Vermonters equal choice among all long-term settings – nursing facility, home-

Vermont's Choices for Care program could spark a nationwide revolution in long term care, and it's time a few sparks were generated in Colorado. It's time to begin to think outside of the box because what we have is not working.

to nursing home care. And the result is improved quality of care for older people and their families.

In that state, home care runs about \$80 per day and nursing home care costs about

based or enhanced residential care home.

All of us in Colorado need to push for a systemic evolution where we, too, can strike a balance between providing more choices and containing costs.

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trast to those enviable two-parent teams, that it can be discouraging and depressing to hear their stories. So why bother even going, right?

Does this sound familiar? I finally had to admit that as a single parent, I had some very different needs from couples. We probably need a bit of fun and indulgence not more lectures and information. We need to feel like we're not the only single parent in the room. We need to have child care available if we must bring our

child(ren) along versus not coming along at all. We need a relaxed setting. We need to hear from others that have walked the path before us.

Since my needs as a single parent were different, I decided to start a support group just for single parents of kids with disabilities. SoloSolutions will focus on doing something fun - say, pedicures, yoga, crafts, a speaker, share a potluck, share our experience as single parents and yes, give support and information.

SoloSolutions will meet on the first Sunday of each month from 1 - 3 pm. The next meeting is scheduled for February 4,

1-3 pm. Jo Lynn Osborne with The Arc in Jefferson County will be our guest speaker. Meetings are held at 1350 Zephyr St, #16 (Carriage Lane Townhomes) in Lakewood. Childcare is available, but we prefer that you don't bring children, since this is your time to relax! However, if you have no alternative, free childcare is available. Please let Katie (ph 303 718 6282) know in advance that you will be bringing a child(ren) so we can have an adequate number of child care providers. Katie can also answer any questions you may have.

I look forward to seeing you on the first Sunday of each month!

Transition training is critical tool for families

Do you find yourself wondering why everyone is going on and on about “transition” all the time? Asking yourself why everyone is making such a big deal about it?

Well, first and foremost, transition is a *very* big deal -- a critical juncture that can have enormous impact for families of transition-aged children (14-21).

Perhaps you think we're overstating the importance of transition, but consider this: Do you remember when you first received your child's diagnosis? Do you remember how overwhelming it was, how much you had to learn about different programs?

If diagnosis is round one, then transition planning is round two. Luckily, we offer an in-

tensive weekend training to help families make sense of this transition process and to learn what steps they need to take to best prepare for their child's future.

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.

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 com-

munity supports will be available? What kind of planning needs to be done? Will they live on their own? Will they find a job?

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:

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.

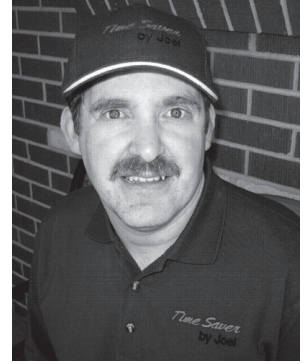
These intensive weekend seminars start on Friday nights at 5 p.m. and continue through to Sunday at 11:30 a.m. Lodging, meals, and resource notebooks are provided. University credits are available for educators through Colorado State University. Childcare is provided for all sessions conducted at Rocky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

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

Transition is a very big deal -- a critical juncture that can have enormous impact for families of transition-aged children. If diagnosis is round one, then transition planning is round two.

Benchmark Arcs

Congratulations to Joel Carpenter who recently started up his own business, Time Saver by Joel.



Joel provides general business support such as labeling, stuffing, sealing and stamping envelopes for a large mailing, or assembling binders or sample bags.

Joel takes office tasks out of your hands, freeing up your hands and your time -- time you can then spend focusing on your customers or spending time with your friends and family.

If you're interested in learning more about how Joel can help your business, contact him at (303) 424-0723.

ArcJC to host Summit of Hope fundraiser in April

The Arc in Jefferson County will host our first annual Summit of Hope Community Awareness luncheon on Tuesday, April 24.



The Summit of Hope Luncheon will show our community the many ways our organization changes the lives of people with developmental disabilities and their families.

While there is no cost to attend the luncheon, attendees will be asked to make a

financial contribution to support our advocacy work. There is no required minimum or maximum gift.

If you are interested in hosting a table or want to learn more about this event, please contact Genni Williams at (303) 232-1338 x209.

E-mail us your feedback or story ideas at info@arcjc.org. If you know someone we should feature, contact Genni at 303.232.1338 x209.

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.

Membership

NEW MEMBERS

Jason Artz
Donna Heyne
Judith & Frederick Oakes
PASCO

Jeanne Carney
Jim & Diana Carpenter
Beverly Franklin
Theresa Gonzales
Tim & Linda Goymerac
Gail Grill
Susan Haas
Ed & Diana Hester
Norman & Esther Hicks
Robert & Sue Hollis
Chris & Kathy Hull
Pat Jefferson
Todd & Paula Lowther
Dick & Candy Markley
Hugh & Laura Marrs
Aileen McGinley
Marianne Monagle

Al & Patricia Mosch
Sharlotte Nigh
David & Jennifer Osborne
Tim & Sheila Rea
Lynn Robinson
Raejean Stotler
John & Helen Sukle
Steven & Rebecca Thompson
Vicki Treadway
Louise Weech
Shane Williams
James & Audrey Wilson
Linda Wogan
Hal & Eleanor Wright

RETURNING MEMBERS

Jonathan Austin
Cindy Bacher
Molly Balmes
Carole Browning
Louis & Marilee Bruno
Susan Z. Buckley
Lance & Monica Bunch
Todd & Shannon Cannizzaro

Contributions

PLATINUM

Susan Z. Buckley
Todd & Paula Lowther

GOLD

Ann Cornick
William Hall
Hugh & Laura Marrs
Lynn Robinson
PASCO

SILVER

Jeanne Carney
Marcia & James Terrell Hughes
John & Kathy Ratz
Gene J. & Salome Wiloth
James & Audrey Wilson

OTHER

Cindy Bacher
Susan Haas
Ron & Mary Lou Kulbe
Marianne Monagle
Raejean Stotler
Steven & Rebecca Thompson
Linda Wogan
Hal & Eleanor Wright

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 > 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

Calendar

February 2007

Thursday, February 1

Mobilizing Families, Session 1. 6 to 9 p.m.

Wednesday, February 7

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, February 8

Mobilizing Families, Session 2. 6 to 9 p.m.

Thursday, February 15

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

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

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

Atlanta Bread Company, Alameda & Wadsworth.

Monday, February 19

ArcJC Offices closed for President's Day

Tuesday, February 20

ArcJC Think Different Tour. 4:30 to 5:30 p.m.

Wednesday, February 21

Rocky Mountain Partners Aktion Club.

ArcJC offices, 4 to 5 p.m.

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

Thursday, February 22

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

March 2007

Thursday, March 1

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

March 2-4

Training for Transition, Pueblo, CO. See article page 10

Wednesday, March 7

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, March 8

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

Thursday, March 15

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

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

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

Atlanta Bread Company, Alameda & Wadsworth.

March 16-18

Training for Transition (mental health emphasis), Rocky Mountain Village, Empire, CO. See article page 10

Tuesday, March 20

ArcJC Think Different Tour. 4:30 to 5:30 p.m.

Wednesday, March 21

Rocky Mountain Partners Aktion Club.

ArcJC offices, 4 to 5 p.m.

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

Thursday, March 22

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

April 2007

Wednesday, April 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.

Friday, April 6

ArcJC Offices closed for Good Friday.

Wednesday, April 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, April 19

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

Atlanta Bread Company, Alameda & Wadsworth

April 20-22

Training for Transition), Rocky Mountain Village, Empire, CO. See article page 10



The Arc in Jefferson County
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