



www.familysupportctc.org

FSC/TC NEWSFLASH – AUGUST 2011

The next **Family Support Council** meeting will be on **Friday, August 12th at 11:30 AM** at Resource Connection Welcome Center Boardroom, 1100 Circle Drive, Fort Worth, TX 76119.

Be sure to **SAVE THE DATE!** The **FSC-TC Fall 2011Expo**, at Grapevine-Colleyville High School will be on **Tuesday, October 4th, 4-7PM**. Watch for more details.



The next meeting of **The Intellectual and Developmental Needs Council of Tarrant County** will be on **Thursday, August 4th** from 8:30 AM to 10:00 AM at Easter Seals, 1424 Hemphill St., Ft. Worth, TX. For more information on the IDD Needs Council, call Beth Cain (817/877-1474) or email beth.cain@iddcounciltc.org

13th Annual Hispanic Wellness Fair Saturday, August 6, 2011, 9 AM – 2 PM

Will Rogers Memorial Center, Amon Carter Exhibit Hall, 3400 Burnett Tandy Drive, Fort Worth, TX 76107 For Questions Call 817-546-6498 FREE-Medical

Screenings FREE-Health Education Make Healthcare Your Goal! FREE to the Public-Everyone Welcome Screenings Back to School immunizations for children Blood pressure checks Body fat analysis Cardiovascular education HIV/AIDS screenings Mammograms and cancer AAscreenings Medical consultations

Nutritional education Parenting information Respiratory screenings Stroke information Vision screening FREE Transportation-Provided by the T Present this flyer to any T bus operator and receive a free round trip for you and your family. (Limit 4) Parking Farrington Field-FREE - Will Rogers Memorial Center-\$5.00

More info at <http://www.hispanicwellnesscoalition.org/>



Women & Their Hearts: Symptoms, CPR & New Prevention Guidelines



Recognizing the symptoms of heart attack in women, using CPR and knowing updated cardiovascular disease prevention guidelines can make the difference in prevention, treatment, and survival. Read more at

http://campaign.r20.constantcontact.com/render?llr=kfslyhcab&v=001kRQllaBUV0cD5LcWULSD6yXZfZNMgciEJfE9u98k6RGRQ8--RZKi-T4OUxR0BmJtGeFtLNkaXdv2TVFrolHFrgVKFeyp7o86n4S6gNsp4hi3hn4NDF01ks1KbBFNfsG7oviY1V_oHv0NH5haWadf9_5AQU0GVcTFLhE9qzZju5RJ-V6V4K0d8uEaZcxPjzGxTkj1127Mrf3BLsAG6zbgjl2KUdAI4RE8URXxjk_K57f0VRfex50ar7JtNMulHd9o_IOj_2t4CVo9N3JpH7eEiw%3D%3D

Area Agency on Aging Benefits Counseling Program serves Tarrant County residents, offering in-person and telephone assistance with Medicare, Medicaid, advance directives, and options for long term services and support. Benefits counselors also give presentations to community groups regarding these topics. **Call the ADRC at 1-888-730-2372 and you will be transferred to a benefits counselor.**

Texas Healthy Lifestyles is a diabetes self-management program for adults age 60 and older with diabetes, at risk of diabetes, or caring for someone with diabetes.

- Tools to deal with problems such as pain, insomnia, fatigue, isolation, and frustration
- Appropriate use of medications
- Communicating effectively with family, friends and health professionals
- Making informed treatment decisions

They also learn to set their own goals and create step-by-step plans to improve their health.

For more information and to learn about classes, call Senior Citizen Services at 817-413-4949 or the Aging & Disability Resource Center (ADRC) at 1-888-730-237.



The **ADRC of Tarrant County** helps people who are aging or have a disability, their families and caregivers, in understanding their options and successfully connecting with the services and supports they need. **Call the ADRC of Tarrant County at 1-888-730-ADRC (2372) or visit <http://tarrantcountyardrc.org/>.**

[National Institutes of Health \(NIH\) Issues Tips for Older Adults to Combat Heat-Related Illnesses](#)

Older people can face risks related to hot weather. As people age, their bodies lose some ability to adapt to heat. They may have medical conditions that are worsened by heat, and medications can sometimes reduce their ability to respond to heat. The National Institute on Aging at NIH offers advice for helping older people avoid heat-related illnesses. Read more at <http://www.nih.gov/news/health/jul2011/nia-18.htm>

Summer Travel and Elder Caregiving - Summer and traveling are a special challenge for family caregivers when the older parent, spouse, or other family member needs special assistance due to chronic health



problems. **Communicating and planning are essential.** Read more at

http://www.familycaregiversonline.net/uploads/811547_0811_Summer_Traveling.pdf

Elder Law Attorney To Speak at GSI - Cynthia Williams, local probate attorney and principle of Cynthia Williams Law Firm, will be the featured speaker at the first GSI brown bag lunch on **August 11, 2011** in the GSI Conference Room. Williams will discuss issues commonly faced by the aging population. Topics will include the execution of crucial legal documents, end-of-life issues, and the role of guardianship for those who have no other option. There is no charge to attend the brown bag lunch, but space is limited. Please contact Marnie Stites, 817-921-0499, ext. 105 to make a reservation.





The Arc of Northeast Tarrant County

The Arc of NETC ▪ 1806 Haltom Road ▪ Haltom City, Texas 76117 ▪ 817-834-7700 ▪ www.arcnetc.org

FRIDAY WITH FRIENDS SOCIAL

For individuals who have a disability ages 14 and up.

The next Friday with Friends Social | **Friday – August 19, 2011 ▪ 8:00 PM – 9:30 PM** ▪ The Arc House
Join us for a night at the movies. Bring your favorite movie and we will vote on the one to watch. Popcorn and drinks provided. **To reserve your spot; required:** (817) 834-7700 or arcnetc@att.net.

FAMILY CONNECTIONS... PARTNERSHIP IN EDUCATION, ADVOCACY, & SUPPORT MEETUP GROUP

Family Connections – PEAS (Partnership in Education, Advocacy and Support) is a cross-disability Meetup group for families of children, regardless of age who have a disability.

Mission: To create a network of support for families of children who experience life with a disability label.

The Family Connections PEAS Meetup group provides the following...

Parent-to-Parent Support & Networking • Social Opportunities • Informational Meetings

This is a great way to connect with other families and resources in the D/FW area.

If you would like to join us, visit: <http://www.meetup.com/PEAS-ArcNETC/>.



(SALT) SELF-ADVOCATE LEADERS OF TODAY - SELF-ADVOCACY GROUP

The next SALT meeting | **Friday – August 19, 2011 ▪ 7:00 – 8:00 PM** ▪ The Arc House
SALT is run *by & for* individuals who have a disability, 18 and older with the support of an advisor. Monthly meetings provide opportunities to work on identified goals and to learn about leadership, voting, the self-advocacy movement, principles of self-determination and plan community based volunteer activities.

THE LEARNING TOGETHER WORKSHOP SERIES

The Learning Together Workshop Series

Learning Together workshops provide information on *innovative ideas* and *best practices*. The sessions below are offered for FREE. CEU's provided upon request. SPACE IS LIMITED – RESERVE YOUR SPOT TODAY! Session details available at: www.arcnetc.org.

“A LAND WE CAN ALL SHARE” ACCESS TO THE LITERATE COMMUNITY FOR ALL!

Presenter: Dr. Paula Kluth, nationally recognized consultant, teacher, author and advocate for students who have a disability

Friday – September 9, 2011

9:00 – 3:00

Dee Kelly Alumni & Visitors Center
Texas Christian University
2820 Stadium Drive
Ft. Worth, Texas 76109

THE SOUND CARD SYSTEM, INCREASING SPEECH INTELLIGIBILITY THROUGH A MULTI-SENSORY APPROACH

Speaker: Erin Bennett, M.S., CCC – SLP

Saturday – August 27, 2011 ▪ 9:00 – 1:00

TCU – Dee Kelly Alumni & Visitors Center
2820 Stadium Drive | Ft. Worth, Texas 76109

PATHWAYS TO ADULTHOOD

Speaker: Rosemary Alexander, Ph.D., Texas
Parent To Parent (TxP2P) Consultant & Parent

Saturday – August 27, 2011 ▪ 9:00 – 4:00

121 Community Church | 840 Mustang Dr. | Grapevine, TX 76051



Gearing Up for a New School Year - **Wednesday August 10, 2011** - Thousands of Tarrant County students and parents are expected to attend this year's Back to School Roundup event on Wednesday, August 10 from 8 a.m. to 2

p.m. **New this year:** [Families must pre-register by July 30 to be admitted into the Roundup.](#) The 7th annual Tarrant County Back to School Roundup will provide eligible families with free school supplies, backpacks, dental & vision screenings, immunizations, haircuts and much more! Roundup is a collaborative effort between Tarrant County and its 20 school districts, its municipalities, public health department, state agencies, nonprofits, corporate sponsors and volunteers. Completely funded by private donations and in-kind contributions, this event will introduce parents and children to a wide range of education, health and social services:

- Parents will love the community resource booths and free health, dental and vision screenings for their kids!
- Students will love the interactive demonstrations, entertainment, activities ... and free school supplies!

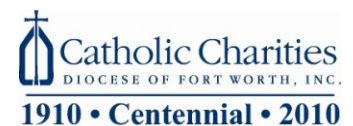
Who Qualifies? Recipients of free school supplies must be public school children (ages 4-18) who reside in Tarrant County, and whose families meet the [2011 Federal Poverty Income Guidelines](#).

- Must have valid picture ID, proof of Tarrant County residency and proof of income showing the family falls below the poverty level

Print out a [registration form](#) and bring it to one of the pre-registration events nearest you to receive a voucher. Vouchers are required for admittance to the Back to School Roundup on Wednesday, August 10. Pre-registration dates, times and locations can be found at <http://backtoschoolroundup.org/>

Fully funded mammograms for women without insurance - Medicare and most insurance accepted Screening is recommended for women age 35 and older The mobile unit is designed for routine screening only, if you have any breast problems, please consult your physician or call 800.405.7739 Date: **August 25, 2011** Time: 8 a.m.—4 p.m. Moncrief Cancer Institute, UT Southwestern - Call to schedule your appointment 800,405.7739 Funding Partners: Cancer Prevention & Research Institute of Texas, Center for Disease Control, Susan G. Komen for the Cure

Financial Education Classes Gateway to Financial Fitness - Catholic Charities - 249 W. Thornhill, Fort Worth 76115 - **Saturdays, August 13 and August 20, 9:00 am – 3:15 pm (2 classes)** Please bring a bagged lunch – For other class times and locations call Renee Griggs 817-289-3832



Save the Dates! HICAP (*Health Information, Counseling & Advocacy Program*) Benefits Counselor I State-Level Training - Aug. 29-31, 2011 - Hosted by North Central Texas Area Agency on Aging - Training site: Ft. Worth, TX.

- In-depth training on public and private benefits such as Medicare, Medicaid and long-term services and supports
- For those who want to volunteer as counselors, social service and health provider professionals, and attorneys
- Continuing education units available

Questions? 1-800-272-3921, ext. 7197



OUR SPECIAL CHILDREN

Saturday, August 13, 2011, 9:30am till 12noon
1051 HASKELL STREET, SUITE 106, FORT WORTH, TEXAS 76107.

CHILDCARE and RESPITE CARE



good quality childcare they could trust. It has been difficult to maintain a current directory of these services. Families have been frustrated by the inadequacy of providers who offer respite care and childcare for kids with special needs. This month at OUR SPECIAL CHILDREN, this issue will be discussed. Several organizations in the childcare field have been invited to attend our meeting and participate in a thorough exchange of ideas, suggestions and issues associated with providing childcare for children with special needs. We will be asking everyone to not only contribute their list of resources but also to participate in a needs assessment / survey. The Arc GTC wants to know what are the obstacles for expanding the number of children with disabilities receiving childcare services. What can this agency do to help families find the respite care and childcare they so desperately need? Please make plans now to attend this very important meeting and bring your questions, comments, and referrals. This is your opportunity to express your needs and your wishes!!!

From the desk of Richard Garnett, Executive Director of The Arc GTC

Ta Ta – Adios – Au revoir – Cheerio – So long – Be seeing you – Caó mun'g ché – Tạm biệt – On your mark, get set, start missing me....

In 1968, my Masters Thesis was a comparison of two IQ tests and their use in evaluating residents of the Fort Worth State School. Then in 1972, I developed two workshops for The Arc of Miami. I never could have guessed that my journey with The Arc through the wonderful world of IDD would last this long. But when my son Brian was born with autism and intellectual disabilities, I knew I was in for the duration. Now, after 50 years, it is time to take a little break (it's called retirement)... Read more at <http://www.arcgtc.org/EM0811.pdf>



Disability★Blog

A blog about the latest disability-related news, information & trends.

MONICA & DAVID is a documentary that explores the marriage of two adults with Down syndrome and the family who strives to support their needs. Monica and David are blissfully in love and want what other adults have –

an independent life. Full of humor, romance and everyday family drama, the film uses intimate fly-on-the-wall footage to reveal the complexity of their story. While Monica and David are capable beyond expectations, their parents, afraid of mainstream rejection of adults with intellectual disabilities, have trouble letting go... Read more at <http://blog.govdelivery.com/usodep/2011/07/monica-david-the-right-to-an-independent-life.html>

The New York Times

Building a More Inclusive Work Force - By DAVID BORNSTEIN

In recent years, there has been a dramatic rise in the diagnosis of autism spectrum disorders (A.S.D.). The Centers for Disease Control and Prevention estimates that **730,000 people in the U.S. under age 21** have an A.S.D. It's much harder to estimate the number of adults on the autism spectrum because only in recent decades has the condition been regularly diagnosed. What is clear is that almost all people with A.S.D. - which is four to five times more prevalent among males than females - struggle to find work where they feel comfortable and valued and where their abilities are well used.

In the coming years, there is going to be a wave of young people with A.S.D. graduating from schools and embarking on careers. It will take significant changes in workplaces across the country to accommodate them.

There is much to learn. On Friday, I **reported** on a Danish company called Specialisterne, which can supply a piece of the answer. Specialisterne trains people with autism to work as consultants in large companies where they excel at jobs like testing software and managing data.

The model has inspired similar initiatives in a variety of countries, including the U.S. Thorkil Sonne, the founder, notes: "There are so many people who do not fit in today - who have skills but cannot find a way to make use of their skills." Many readers agreed - and they wrote in to share stories of the difficulties they, or their children, have faced. **Read more at** <http://opinionator.blogs.nytimes.com/2011/07/05/building-a-more-inclusive-work-force/?scp=1&sq=Building%20a%20More%20Inclusive%20Work%20Force&st=cse>

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