



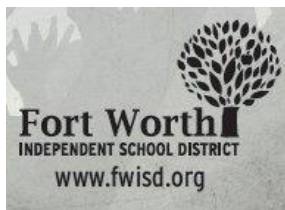
www.familysupportctc.org

FSC/TC NEWSFLASH – FEBRUARY 2011

The Family Support Council will meet on **Friday, February 11 at 11:30 AM** at Resource Connection Welcome Center Boardroom, 1100 Circle Drive, Fort Worth, TX 76119. To RSVP for lunch, contact Kim Gilchrist at 817-569-5491 or kimberly.gilchrist@mhmrtc.org by Wednesday, February 9th.

SAVE THE DATE! The FSC-TC Spring 2011 Transition and Disability Resource Expo is on **April 2, 2011** at The Resource Connection, 2300 Circle Drive, Fort Worth, TX 76119. The Expo will be promoted for the first time on **KLTY 94.9 FM Radio** with **31** commercials during the week leading up to the Expo. KLTY will also broadcast live from the Expo, and will have free giveaways. Watch this space for updates on times and sessions!

The FSC/TC Spring 2011 Transition & Disability Resource Expo is sponsored by:



Fort Worth ISD's Special Ed department presents the **2nd Annual Celebrating Our Students' Abilities** on **February 1st from 5 PM-8PM** at the International Newcomer Academy, 7060 Camp Bowie Blvd., Fort Worth 76116. There are four sessions: Autism 101, I Can Go to College!, Sensory Disabilities, and I'm Worried About My Child's Behavior! To register, contact **Patricia Benetiz** or **Monica Moreno** at **817-814-2848** or **817-814-2849**.

The next meeting of **The Intellectual and Developmental Needs Council of Tarrant County** will be on **Thursday, February 3** 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 Richard Garnett (817/877-1474) or email IDDNeedsCouncilTC@arcqtc.org.



Happy Valentine's Day!



The **Health and Human Services Commission** launched the **Medicaid Buy-in for Children** program on January 1, 2011. This program can help pay medical bills for children with disabilities. It helps families who need health insurance, but make too much money to get traditional Medicaid. Families "buy in" to Medicaid by making a monthly payment (premium). To qualify, children must be under age 18, meet certain disability criteria, meet income limits, and meet other requirements. To get more information on this program, please **call 2-1-1**. When you call, pick a language and then pick option 2.

Tarrant County Homeless Coalition will present the State of the Homeless Address and Public Forum at **9:30 AM** on Thursday, **February 17, 2011** at the Salvation Army's J.E. & L.E. Mabee Center, 1855 E. Lancaster, in Fort Worth, Texas. The TCHC Executive Director, Cindy J. Crain and the TCHC will present the findings from the 2011 Homeless Count. For more information, contact [J.C. Christian](#) at **(817) 509-3635**.



Come check out the **"Intro to Microboards"** presentation hosted by the Coppell ISD Department of Intervention Services. This event is on **Thursday, February 17**, from **6:00 - 8:00 p.m.** at the Coppell ISD Brock Center, Room 1, 268 Southwestern Blvd., Coppell, TX 75091 and is open to the public. To assure enough seating, RSVP's are greatly appreciated. For more information, call **<NEED CONTACT INFO _ FILE CORRUPTED ON MY COMPUTER AT HOME!!!>**



The next **CALM (Controlling Anger by Learning Management)** class is now forming. Please visit www.pspcounseling.com for registration information. Classes will be held on Wednesdays from 6 PM to 8 PM from **February 23, 2011 to March 30, 2011** at Children in the Middle Office, 832 South Carrier Parkway, Ste 300, Grand Prairie, TX 75051. For more info, call **(817) 626-6401**.

Each year parents, school personnel, and other interested parties are invited to attend a **Special Education Public Input and Information Meeting** hosted by the Education Service Center Region XI to gather information for the Texas Education Agency. The purpose of the meeting is to obtain feedback on specific topics aligned with the State Performance Plan on special education programming in Texas. This year's meeting is scheduled for **February 24, 2011 from 6- 9 p.m.** at 3001 North Freeway, Fort Worth, TX 76106. The meeting is conducted in a structured format, not to exceed three hours, during which participants are asked to provide input on three predetermined questions. For more information on the questions and to register, please visit: <http://www.esc11.net/> or call Sue Harrison at 817-740-3642.



Area Agency on Aging is partnering with **Senior Medicare Patrol** to offer Medicare Fraud training in February. Training is set for **February 15 and 17** from 10:00 AM TO 2:00 PM (LUNCH INCLUDED) at United Way of Tarrant County, 1500 N. Main St., 2nd floor, Fort Worth, TX. For more information, contact Christina M. Bartha at 817-258-8120.

Caregiver to Caregiver - A new survey reveals that the technology advances that have transformed how Americans work, play and interact have potential to alleviate the growing financial and emotional burdens on family members caring for sick or disabled loved ones. Read more at <https://app.e2ma.net/app/view:CampaignPublic/id:18978.9020782235/rid:c61b13bbeef99b3f6c0ace442c710efd>





New Search Engine for Older Adults & People with Low Vision - A new search engine called Good50, powered by Google, has been developed for older adults and those who have low vision. After you search, you can change the size of the type in the upper right-hand side of the screen. Go to <http://good50.com/index.html> to see it first-hand. Created to help older adults and people with disabilities have an easier time searching the web, Good50 was featured in the *Washington Post* and in a short story in a recent edition of *AARP Bulletin*.

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://tarrantcountyadrc.org/>.**

For 2011 there are a number of Tarrant County grant programs providing caregiver respite for:

- **Care of Older Adults***
- **Care of Adults with physical disabilities***

*To qualify for these programs, the person must require 8+ hours of care per week and have safety needs, as well as need assistance with Activities of Daily Living, such as bathing, dressing, walking or eating.

- **Care of adults with Intellectual & Developmental Disabilities (IDD)****

**Adults ages 22 to 59 with income over Medicaid guidelines. Cannot be involved in a program that currently provides respite.

The ADRC serves as the screening door for these programs. Please call the Aging and Disability Resource Center at 1-888-730-2372 to see if you qualify for any of the respite programs currently being offered in Tarrant County.

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.**

A Matter of Balance is a falls prevention program specifically designed to reduce the fear of falling and improve activity levels among older adults. Classes are available for Tarrant County residents who are 60 and older.

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 exercise for maintaining and improving strength, flexibility and endurance
- 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 1-888-730-2372



Families Helping Families: Education and support groups for people parenting or caring for a person with a developmental disability. **PARENTS ON CALL:** Parents on call are volunteer parents who provide support and information to other parents of children with special needs or disabilities. Deneesa Rasmussen 817-801-8876, Denise Gasmire, 817-481-9700, Mary May 817-547-5715, Emma Ramirez-Bell 817-265-6009. Free Childcare Available for Saturday Meetings - Reservations Required! Call 817-877-1474.



OUR SPECIAL CHILDREN

Saturday, **February 12th**, 2011

9:30am until 12noon

1051 HASKELL STREET, SUITE 106

FORT WORTH, TEXAS 76107



INCOME TAX WORKSHOP

Ms. Johnnie Bowers, Senior IRS Tax Consultant

What are the latest changes to the federal income tax law? Is it true that all of us will enjoy a reduction in our income taxes for 2010? Are there any credits I can take advantage of? Which expenses related to my child's special needs are deductible as a medical cost? Can I deduct what I pay for disposable diapers for a five year old who has disabilities? What about special education tuition, childcare, car mileage to transport a special needs child, medical insurance co-pays and premiums, and special diets? Are they all fully deductible medical expenses? If we travel out of town to attend a conference to learn more about a particular type of disability or syndrome, can we deduct that from our taxes? Is SSI or foster care payments taxable as income? If we hire a sitter or respite provider, can we consider that tax deductible childcare? Can swimming pools or jacuzzis be deducted as medical expenses if we have a child with special needs? This is your opportunity to get all of these questions (and more!) answered by an IRS consultant with over 30 years experience. Plan now to attend this **free** workshop and remember to make your childcare reservations. OSC is pleased to have Ms. Johnnie Bowers, Senior Tax Consultant with The Internal Revenue Service, present her very informative tax workshop at the February meeting of Our Special Children. She has spoken to our group before, but it has been a while and there are many changes everyone should know about. You would be surprised at all the tax credits & tax breaks that we qualify for but are just not aware of. Ms. Bowers will help us minimize our tax liability and she will also have a list of locations where we can find free income tax preparation service for our 2010 returns. Join in for a money-saving meeting.



March for Respect 2011 - On Saturday, March 26, 2011 more than 5,000 people will do something very, very special. The March for Respect is a one and a half mile walk through downtown Dallas created to show all Texans with developmental disabilities that they are not alone, they can achieve and that there's a whole city of people who

care for them greatly. For more info, go to <http://www.arcgctc.org/NL0211.pdf>

The **Hugh Smith Recreation Center** and the **East Arlington Family Support Center** have partnered with **Catholic Charities** to offer free on-site tax assistance through the VITA Program. **VITA (Volunteer Income Tax Assistance Program)** offers:

- Free tax preparation for taxpayers with an annual income of \$50,000 or less
- High quality tax preparation services and all sites are IRS certified
- Provides Individual Taxpayer Identification Numbers (ITINs) for individuals without social security numbers
- Amends tax returns
- Sites are open from **January 15, 2011 through April 14, 2011**. Some locations are open year round.

Days and Hours of VITA Services at Hugh Smith are: Monday, Wednesday, and Thursday 3pm - 8pm and Saturday, 9am - 2pm. For a list of other site locations and times, go to

[http://library.constantcontact.com/download/get/file/1102132942859-](http://library.constantcontact.com/download/get/file/1102132942859-259/VITA+Flyer+VITA+logo(Participants)+(2).pdf)

[259/VITA+Flyer+VITA+logo\(Participants\)+\(2\).pdf](http://library.constantcontact.com/download/get/file/1102132942859-259/VITA+Flyer+VITA+logo(Participants)+(2).pdf) Or, call 2-1-1 for more information.

Applied Behavior Analysis (ABA) Services are now available at the Easter Seals North TX Fort Worth



Center. In-Clinic services include: Early Childhood Program, Family Support Training, and After-School Program/Summer Friends Group. Out-Of-Clinic services include: In-home ABA Treatment, Community Support Program, Family Support Training, Admission, Review and Review (ARD) Preparation and Attendance, Training and Workshops, and Empowering Parents and Caregivers. The Social Skills Group/New Friends Group

services include: Reinforcement of Pro-Social Behaviors, Development of Effective Communication Skills, and Development of Positive Non-verbal Communication Skills. Easter Seals North TX has managed care contracts with over 25 insurance companies in North Texas. For more info, contact Shana Wiggins, MS, BCBA, Director of Outreach/Training, ESNTX, 1424 Hemphill St., Fort Worth, TX 76104-4703, 817-759-7970 or swiggins@ntx.easterseals.com.

The Removing Limits Through Technology assistive technology program of **United Cerebral Palsy of North Texas** features technology for individuals with mobility

challenges, vision loss, hearing impairment, learning challenges, literacy challenges and

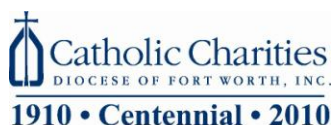
individuals who are non-verbal. As many of you know during 2010 UCP has had a special

initiative to serve our disabled veterans. If you know a veteran with a disability who could benefit from

assistive technology feel free to refer them to the Removing Limits Through Technology program for a

FREE hands on experience or "test drive" of assistive technology. For more information or to schedule an

appointment, call Leah Gardner at 214.247.4539 or email LeahGardner@UCPNorthTexas.org.



Compassion Resource Network Resource: The Families First program is a program designed for families who are at risk of becoming involved with Child Protective Services or for those families that wish to strengthen their parenting skills and relationships with their children. The families served may be

experiencing moderate to serious problems related to low parenting skills, child behavior, family conflict, and other risk factors, which as stressors, may lead to putting them at risk for child maltreatment. For more information, contact Debra Rockmore, Community Outreach Specialist, at drockmore@ccdofw.org or 817-289-2781.

How does Child Protective Services work? The general public and most social service professionals have many questions about how CPS works and how referrals are processed. Attached is a link to a pdf file published by the Center for Public Policy Priorities in Austin that helps to explain much of this. Visit http://www.cppp.org/files/4/CPSpaper_web.pdf for more information.

Mental Health Association of Tarrant County Peer Support

program hosts fun social activities like parties, crafts, and movies. All you have to do is show up! Call to get a calendar of events by U.S. Mail. Calendars are sent out every two months. Call Lena Caballero - Phillips at 817-546-7801 for more information. MHATC is located at 3136 West 4th Street, Fort Worth, Texas 76107.



The Angel Bus offers free nationwide non-emergency long distance ground transportation for medical reasons. They utilize motor coaches and their volunteer drivers as well as commercial buses. Please visit the website at <http://www.angel-bus.org/> for more information on this program, or to volunteer!



Many cities in Tarrant County do not have access to public transportation like The T, because the citizens in those cities have not voted to have it. Fixed-route public transportation is mostly paid for with sales taxes. Some cities use those sales taxes to pay for other services like police and fire services, not having enough left over for a bus system too. The Texas Legislature will not let a city raise its own sales taxes more than the current rate. That's why the cities that do have fixed-route public transportation are so fortunate, like Fort Worth, Richland Hills, and all those in the DART service area in Dallas County. And, anywhere there's a fixed-route bus service, ADA paratransit service is sure to follow nearby, like MITS service. We'll discuss this more next month. In the meantime, if you haven't done so already, please go to the links below to tell us where you need to go in Tarrant County (especially for a job, job training, etc.) but you do not have access to transportation. Go to <http://www.surveygizmo.com/s/328111/g2w-consumer-survey-english> (Spanish version is at <http://www.surveygizmo.com/s/328730/g2w-consumer-survey-spanish>). If you need help answering these questions, call Dan Gadbury at 817-569-4045.

Transit Station



The [2011 Workforce Recruitment Program for College Students with Disabilities](#) database is now available to help federal and private-sector employers recruit workers with disabilities. Federal officials can register and search for candidates who meet their hiring needs. Private-sector employers can search the program's database through the [Employer Assistance and Resource Network](#) or by calling **866-327-6669**.

February is American Heart Month

Heart disease is the leading cause of death in the United States. About every 25 seconds, an American will have a coronary event. Heart disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2010, an estimated 785,000 Americans had a new coronary attack, and about 470,000 had a recurrent attack. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one. Learn about heart disease prevention at http://www.cdc.gov/heartdisease/american_heart_month.htm?source=govdelivery.

Do you have a JOB or PROJECT The Clubhouse can do for your company? Such as but not limited to stuffing envelopes, folding letters, stapling papers, sorting, painting, janitorial? If so, please call **817-285-0885**. **The Clubhouse for Special Needs** - Mild to moderate teens and young adults with mental/physical challenges. Fall programs began August 23rd - After-School Program: Ages 13-22 - Day Program: Ages 17-26 Call 817-285-0885 for more information.



The 2011 Texas Statewide Independent Living Conference - Community Living: It's My Choice!
Sheraton Austin Hotel at the Capitol (Downtown) 701 E. 11th Street, **April 3-5, 2011**

CONFERENCE GOALS: Texans are facing a budget shortfall as high as \$25 billion as lawmakers head into the 2011 legislative session. This is an important opportunity for community advocates, professionals in VR and IL related fields, and CIL representatives to rally together to say no to budget cuts, and to learn the truth behind the services that people with disabilities use, to maintain independent lives in the community! Conference attendees will also learn vital tools to diversify their funding streams; learn innovative tools to enhance their working relationship with Consumers; and opportunities for folks to network with diverse groups, interested in strengthening the Independent Living Movement in Texas!



Group rates are available until March 10, 2011. Subject to Availability. To reserve your room call 888-627-8349 or to make your reservations on-line at

<http://www.starwoodmeeting.com/StarGroupsWeb/booking/reservation?id=1009154777&key=CC275>



Texas Statewide Youth Leadership Forum: *Developing leadership and advocacy skills in young adults with disabilities.* Held each summer for one week on a university campus, the Texas Statewide Youth Leadership Forum (YLF) provides training and experiences to youth with disabilities to develop their leadership and advocacy skills. The Texas YLF selects youth participants from among high school juniors and seniors across the state.

Applications are available at Held each summer for one week on a university campus, the Texas Statewide Youth Leadership Forum (YLF) provides training and experiences to youth with disabilities to develop their leadership and advocacy skills. The Texas YLF selects youth participants from among high school juniors and seniors across the state. Applications are available at <http://txylf.tamu.edu> by clicking on "Apply to Be a Delegate." For more information, contact Eric Roberts: txylf@tamu.edu.



The Arc of Northeast Tarrant County

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

ASPIRE Meetup Group - Autism Spectrum - Parent Information, Resources, & Empowerment

Run by families for families of children who have an Autism Spectrum Disorder. For more information: <http://www.meetup.com/ASPIRE-Tarrant-County/> or www.arcnetc.org.

RISE – Information/Support Group - Resources, Information, Support & Empowerment

RISE was created by families for families of children who have a disability. Informational meetings are held monthly with a presenter and time set aside for networking. For more information: www.arcnetc.org.

FUNCTIONAL BEHAVIORAL ASSESSMENTS, THE BEHAVIOR INTERVENTION PLAN & POSITIVE BEHAVIORAL SUPPORTS – Hosted by ASPIRE & RISE

Presenter: Marianna Bond, M.Ed., ATP, and mom of two adult children who have a disability

2:30 – 4:00 Presentation / 4:00 – 4:30 Question & Answer and time for networking

The Arc of Northeast Tarrant County (The Arc House) ▪ 1806 Haltom Road ▪ Haltom City, Texas 76117

Friday with Friends Social – For individuals age 14 & up who have a disability

The next FWF Social – Game Night | Friday – February 11, 2011 ▪ 7:00 – 8:30 pm ▪ The Arc House – Haltom City
SPACE IS LIMITED. To reserve your spot; **required:** (817) 834-7700 or arcnetc@att.net.

Self-Advocate Leaders of Today, SALT Self-Advocacy Group – ran by & for persons with disabilities ages 18-29

The next SALT meeting | Saturday – February 12, 2011 ▪ 12 – 1 pm ▪ The Arc House – Haltom City | *Goals for 2011 will be discussed and voted on at this meeting.*

The Learning Together Workshop Series

The Learning Together Workshop Series provides individuals who experience life with a disability, their family members, professionals and the DFW community information on **innovative ideas** and **best practices** not readily available in Tarrant County and surrounding areas. Session presenters are recognized leaders at the local, state and national levels. For more information about the LT sessions below, visit: www.arcnetc.org.

THE SCREENING ROOM, CRITICS CHOICE

Facilitator: Charlene Comstock-Galagan

Friday – March 25, 2011 ▪ 9 – 11 am

Tarrant County

(Specific Location to be Determined)

Join Charlene for a thought provoking discussion and screening of the latest and greatest visual media and their deepest messages about inclusion and the meaning of belonging in the 21st century.

SPECIAL EDUCATION – THE ARD/IEP PLANNING PROCESS

Presenter: Charlene Comstock-Galagan

Friday – March 25, 2011 ▪ 12:30 – 4 pm

Tarrant County – (Specific Location to be Determined)

Determining the special education services for a child/student is done through a strategic, step-by-step planning process. A process that crumbles if the foundation is cracked, a critical step in planning is missed or out of order, or planning takes place without thoughtful discussions based on the individual needs of a child/student.

DON'T MISS THIS OPPORTUNITY!

Charlene will review the ARD/IEP Planning process and share tools and strategies that have produced positive outcomes for students who have an Individualized Education Program - IEP.

The ARD/IEP agenda ▪ The purpose of assessment beyond eligibility

▪ Integrated and measurable goals and objectives ▪







▪ Modifications & accommodations (across school settings) ▪

Supports *for or on behalf* of the student ▪ Placement decisions using a Planning Matrix ▪ Prior Written Notice... *and more!*

SAVE THE DATE!

April 2nd – Customized Employment & Discovery with Michael Callahan

April 30th – Person Centered Thinking, an overview with Jeff Garrison-Tate

DATE		TIME	N TX SNAP February Calendar - ACTIVITY & LOCATION
Tuesday <i>Creative Life Coaching Small Group Workshop Money Skills 1</i>	Feb 1 Feb 8 Feb 15 Feb 22	1 – 3 pm	SNAP – SNAP Board Room, 901 Clinic Dr, Euless, TX 76039 This 4 week workshop is designed to enhance basic skills in understanding value, making purchases, counting change, using a calculator, reading receipts and more. Small group workshops will be 4 to 6 participants only to allow for a more individualized approach to learning. Cost: \$30.00 per session or sign up for all 4 sessions at a discounted cost of \$100.00. (Cash or Check, made out to "Creative Life Coaching", at the door.) Contact Paula Baker at 817-832-6683 Prbaker56@aol.com
Friday <i>Creative Life Coaching Small Group Workshop Money Skills 2</i>	Feb 4 Feb 11 Feb 18 Feb 25	1 – 3 pm	SNAP – SNAP Board Room, 901 Clinic Dr, Euless, TX 76039 A 4 week series focusing on greater understanding of sales, value, budgeting and purchasing practice. Small group workshops will be 4 to 6 participants only to allow for a more individualized approach to learning. Cost: \$30.00 per session or sign up for all 4 sessions at a discounted cost of \$100.00. (Cash or Check, made out to "Creative Life Coaching", at the door.) Contact Paula Baker at 817-832-6683 Prbaker56@aol.com
Monday 	Feb 7	6:30 pm – 8:30 pm	SNAP J.O.B.S. (Just Our Business Support Club) is a place where Members come to share about their jobs, learn how to pursue a job (if they are looking), discuss employment-related issues and learn what it takes to succeed on the job. Small Conference Room & SNAP Board Room, 901 Clinic Dr, Euless, TX 76039 Contact Paula Baker at 817-832-6683 Prbaker56@aol.com
Tuesday 	Feb 8	5:45 pm – 8 pm	SNAP Bowling , AMF Hurst Lanes, 720 W. Pipeline Road, Hurst, TX 76053 SNAP will pay for the games and shoes. RSVP to Ms. Linda Gardner by Monday linda1960@verizon.net
Friday 	Feb 11	5 pm – 7 pm	SNAP Cooking Class with Chef Orlando Nelson , 901 Clinic Dr, Euless, TX Join your SNAP friends and learn to cook with a certified chef. Classes will include delicious menus, kitchen safety and cleanliness, nutrition and other items of interest brought up by participants. All this seasoned with a large amount of fun! Instruction and food cost is \$20 a night. Space is limited. Make your reservation now. RSVP to Lisa Nelson at lisa.jacksonnelson@yahoo.com or 682-593-0130
Sunday 	Feb 13	TBA	SNAP Movie – TBA - Tinseltown Movies, 911 W Highway 114, Grapevine, TX 76051 (Hwy 114 @ Wm D. Tate) RSVP to Regina Kropf by Friday Morning 817-946-4109 or Regk25@aol.com
Thursday	Feb 17	6:30 pm – 8 pm	BINGO – Sponsored by Knights of Columbus Knights of Columbus, 1319 Brown Trail, Bedford, TX 76022
Monday <i>Creative Life Coaching Workshop</i>	Feb 21	6:30p m – 8:30p m	SNAP – 901 Clinic Dr, Euless, TX 76039 - <i>Interactive coaching and training for adults with developmental challenges (17 and older)</i> . Identifying long term & short term goals and how to plan the steps to reach them! A relaxed, casual and interactive group learning experience. Workshop focus: The importance of goal-setting; Learn how to set short and long term goals; Determining the steps that move you toward your goals; Identifying support and resources to help with your steps; Setting realistic time frames; Adjusting your goals or steps along the way. Goal-setting is an important part of a healthy life outlook. Life is a journey and we all need an idea of where we are headed. There may be detours down the road but they need not be setbacks! Cost: \$20.00 per person (Cash or Check, made out to "Creative Life Coaching", at the door.) Contact Paula Baker at 817-832-6683 Prbaker56@aol.com
Tuesday 	Feb 22	3 pm- 11pm	SNAP – Chili's Night Out , 2810 Hwy 121, Euless, TX 76039 (Glade Rd & Hwy 121)
Friday 	Feb 25	6:30p m – 9:00p m	SNAP Guys Night Out – It's New and Under Construction! 901 Clinic Dr, Euless, TX 76039 Guys – Join us tonight for a "Name the Night" Brainstorming Session as well as topics for consideration for future meetings. Don't miss our Special Guest, social time and pizza. \$5.00 at the door. Contact Roger Marshall by Feb 23rd C 817-798-1745 E ram747@verizon.net

The **Texas Technology Access** program loans assistive devices to consumers/families in the state of Texas. This allows for the individual to make an informed choice about what device to purchase or whether to purchase a device at all. They allow short-term loans for free for 6 weeks. Families can ask for an extension if there is no one else waiting for the device. The website is: <http://techaccess.edb.utexas.edu> and the coordinator's name is John C. Morris, (512)232-0753.

On Dec. 21, 2010, the U.S. Department of the Treasury announced that all federal benefit and nontax payments will soon be paid electronically. What's happening?



- People currently receiving paper checks will need to switch by **March 1, 2013**, to an electronic payment method including **direct deposit** or the **Direct Express®** card. People who do not make the switch by this date will receive their benefit payments via the **Direct Express®** card, so they will not experience any interruption in payment.

People applying for benefits on or after **May 1, 2011**, will need to choose an electronic payment method at the time they apply for the benefit. Individuals can choose to receive their payments by direct deposit to the bank or credit union account of their choice or to a **Direct Express®** Debit MasterCard® card account. Those who do not choose an electronic payment option will receive their benefit payments via the **Direct Express®** card, so they will not experience any interruption in payment. For more information, visit the GoDirect website at: <http://www.godirect.org/>

If you are not receiving this newsletter through e-mail, please send us your **FULL NAME** as it appears on the mailing label and e-mail address to dan.gadbury@mhmrtc.org with "Requesting FCS NewsFlash" in the subject line. This will help us cut our postage costs. Thanks!!!!!! The NEWSFLASH is brought to you by the Family Support Council & MHMRTC, MR Services. Your help in alerting us to community information is greatly appreciated. Please forward to Dan Gadbury @ dan.gadbury@mhmrtc.org or call 817-569-4045 – or Kim Gilchrist at Kimberly.Gilchrist@mhmrtc.org or call 817-569-5491. If you have received this mailing and would prefer not to be on our e-mailing list, please send back a reply with REMOVE in the subject line. Para mas informacion en espanol, por favor llamar a Ruth Valdez al (817) 569-4014.



NEW PRODUCTS

The REV
(Rear Entry Vehicle)



With its manual door and ramp system, this is the most reliable and cost effective minivan conversion available. Low profile ramp provides good visibility, seating for up to 6 passengers and meets applicable FMVSS standards for Dodge Grand Caravans, 2005-2010.



Lift-Aids, Inc. is certified by Transfer Flow and NMEDA to perform the dropped floors on Chevrolet and Ford full size vans.

FULLY ACCREDITED
QAP
NMEDA MEMBER



Vehicle or equipment getting old? Looking for a replacement or new? Give LIFT-AIDS, INC. a call to talk about our new products and services.

24 HOUR EMERGENCY SERVICE: YOU CALL, WE ANSWER! ANY TIME! DAY OR NIGHT!

LIFT-AIDS, INC.

Ask about our **NEW** pick up and delivery service!

WE OFFER:
Hand and Foot Controls for Gas and Brake
Internal and External Wheelchair and Scooter Lifts
Raised Roof and Raised Doors
Lowered Floor Minivans and Full Size Vans
Electronic Hand Controls
Ceiling Mounted and Portable Patient Lifts
Residential Elevators and Stair Lifts
AND MUCH MORE!



Honda Odyssey
with the NORTHSTAR Conversion

New Extended Service and Installation Hours:
Monday-Friday from 8:00 - 5:30
Saturdays from 9:00 - 1:00



Load tested at 1100 pounds and cycle tested at 815 pounds, this lift is designed to lift and stow fully assembled oversized wheelchairs and scooter over the driver or passenger side bed rails of full size trucks. Approved by the VA and DARS for funding.

Lift-Aids, Inc. with our own fabrication department has the ability to build our own lowered floors, raised roofs and door extensions. We custom build vehicles to comply with ADA. "If you can dream it, we can build it."

The possibilities are limitless.

Featuring the Dodge Mega Cab with custom lowered floor, UVL wheelchair lift and custom power Gull wing door.

"Helping People Help Themselves Since 1968."