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FSC NEWSFLASH – NOVEMBER 2010

The Family Support Council Meeting/Transition Subcommittee will have its next regular meeting on **Friday, November 12, 2010 at 11:30 AM** at Resource Connection Welcome Center Boardroom, 1100 Circle Drive, Fort Worth, TX 76119. To RSVP lunch, contact Kim Gilchrist at 817-569-5491 or kimberly.gilchrist@mhmrtc.org by Wednesday, November 10th.

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. Watch this space for updates on times and sessions!

Happy Thanksgiving!



On October 5, 2010, President Barack Obama has signed into law



Rosa's Law, which will change references in federal law from *mental retardation* to *intellectual disability*, and references to a *mentally retarded individual* to an **individual with an intellectual disability**. Read about the Special Olympics' campaign to [Spread the Word to End the Word](#). For more information visit the website of the [President's Committee for People with Intellectual Disabilities](#) at <http://www.acf.hhs.gov/programs/pcpid/>

The Election Assistance Commission has a short, four-minute [video](#) on its website that is designed for election officials and poll workers to help them ensure that polling places are accessible to voters with disabilities. The video could also be used by advocates who are monitoring the accessibility of voting sites. See the video at: http://www.eac.gov/making_polling_places_accessible/.



DON'T FORGET TO VOTE! Voting in General and Special Elections for the state of Texas will be **November 2, 2010**. Visit <http://www.tarrantcounty.com/evote/site/default.asp> to find your polling place.



The next meeting of **The Intellectual and Developmental Needs Council of Tarrant County** will be on **Thursday, November 4** 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@arcgctc.org.

Love and Logic: Early Childhood Parenting Made Fun - Saturdays, 11/06/2010 & 11/13/2010 9:00am - 2:30pm - Certificate of Completion Provided, \$30.00 fee covers both days of workshop plus lunch and parent handbook - For more info contact Cyndi McDonnough at 817-886-7131 or cmcdonnough@ACHservices.org or register (required) at www.ACHservices.org



The Excel Center hosts Living Connections: A support group for parents and guardians of children with emotional and behavioral difficulties. The Advocates for Children of Trauma meets the **first Monday** of every month (**November 8th**) from 6 – 8 PM at The Excel Center of Fort Worth, 1220 W. Presidio, Fort Worth, TX 76102. For more information, please contact Mike, ACT_founder@sbcglobal.net /817-219-5459 or Jane, jane.phillips@psysolutions.com /817-404-2288.



The Next Quarterly ADRC training will be on Veteran Services: Tuesday, **November 16, 2010**, 9 am – Noon, Tarrant County Public Health Department, 1101 S. Main St., Fort Worth TX 76104. To register, please call the ADRC at 1-888-730-ADRC (2372).

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/>.**

Tarrant County Wants You!!! As in most election cycles, there's been a lot mentioned lately about **liberty and freedom.**



And yet for most people with Intellectual Developmental Disabilities, or IDD, liberty and freedom are terms that can be defined almost exclusively with five words: Accessible, affordable, reliable public transportation. Without the freedom to move around at-large in a community, a person can't make choices about employment, shopping, socializing, worship, or any other activities that can be easily accessed by those who have independent transportation. This is why MHMR of Tarrant County has partnered with the North Central Texas Council of Governments, to form a project called **Go 2 Work Tarrant County!** This project is a starting point in identifying and addressing all the places in Tarrant County in which people with IDD are, and where they need to go. **Go 2 Work!** focuses on job, training, and volunteer activities-related needs for accessible, affordable, reliable public transportation for people with IDD. Although it's widely known that public transportation does not serve all of Tarrant County, and doesn't fully meet the needs of people with disabilities, it is not known exactly where these needs are located – person-by-person, and potential job-by-job. As a result, MHMR of Tarrant County is conducting 15 listening sessions, and surveying over 1,000 working age people with IDD, specifically about transportation related barriers to employment. So, **before December 1st**, if you are, or know someone with IDD age 16 or older living in Tarrant County, please participate in the Go2Work! survey. To participate, use the following links: **For English:** <http://www.surveygizmo.com/s/328111/g2w-consumer-survey-english> **For Spanish:** <http://www.surveygizmo.com/s/328730/g2w-consumer-survey-spanish>. Gathering this information is the first step in expanding accessible public transportation. If you need help answering these questions, call Dan Gadbury at 817-569-4045.

Compassion Resource Network Resource Sharing Groups:

Meetings are from 12:00 p.m. - 1:00 p.m. and are scheduled for the following dates: **November 3** – Arlington, **November 9** – South, **November 11** – Northwest, December 1 – Arlington, December 9 Northwest, December 14 – South, TBD – Northeast. Meeting locations are as follows: Arlington: Salvation Army, 712 W. Abram Street, Arlington 76013; Northwest: John Knox Presbyterian Church, 4350 River Oaks, Fort Worth 76114; South: Broadway Baptist Church, 305 W. Broadway, Fort Worth 76104; Northeast: United Way Community Enrichment Center, 6250 NE Loop 820, North Richland Hills 76180.

Several events are scheduled in November and December throughout Tarrant County to introduce STAR+PLUS, the new Medicaid managed care program. STAR+PLUS combines health care with community long-term services and supports for people with disabilities and older adults. Enrollment is mandatory for those on SSI aged 21+ or those who are currently receiving Community Based Alternative (CBA) Medicaid waiver services. Enrollment begins in November 2010, and services will begin February 1, 2011. See www.txstarplus.org to find a convenient training session which will inform you and your clients about STAR+PLUS. For questions about signing up for STAR+PLUS, call Maximus at 1-800-964-2777 (toll-free). On **November 17, 2010**, visit one of THREE trainings at **Catholic Charities: 9am; 2pm; 5pm**, 249 West Thornhill Drive, Fort Worth 76115, Quads 3&4. For more information, contact 817-258-8120. Admission is free; no reservations are required.

North Texas SNAP announces: *Creative Life Coaching's Personal Growth Workshop: "Being in Charge of My Money"* Interactive coaching and training for adults with developmental challenges (17 and older) Monday, **November 8th**, 6:30pm-8:30pm.



Coach/Instructor- Paula Baker, NTX SNAP Program Director Workshop focus: - Taking responsibility for personal funds, Identifying needs verses

wants, Learning how managing our money helps us to reach our goals, Practical guidelines to budgeting, and Fun learning games that promote, understanding of consumer skills. This workshop comes at a timely season when many are considering purchases for the holidays. Come to this workshop to prepare for wise decision-making in the future and to have a plan in place for managing your funds! Don't be overly- influenced by advertisements and popular trends! Don't let your money slip through your fingers! Learn how to be in control of your own finances! Location- North Texas SNAP office, 901 Clinic Dr., Euless - Cost: \$20.00. Please Register by Friday, Nov. 5th Prbaker56@aol.com or Call 817-832-6683.

The Arc FINDS (Family and Individual Needs for Disability Supports) is conducting an informational survey is to capture the perceptions of individuals with intellectual and developmental disabilities of all ages, and their families, on issues concerning disability support needs across the life spectrum. Responses will be used to help inform disability organizations, services, policy, and public perceptions on issues related to disability supports that you or your family member has now, needs or is anticipated to need in the future. Answers will remain anonymous and confidential. To complete the survey, visit: <http://www.surveymonkey.com/s/thearcfinds2010> . If you need special accommodations for this survey, or have questions about it, please contact Ann Cameron Caldwell, Ph.D., Chief Research and Innovations Officer, The Arc, 1660 L Street, Suite 301, Washington, DC 20036, 202.534.3711 or email Caldwell@thearc.org



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, **November 13th**, 2010 - 9 AM till 12 PM (please note earlier start time)

Medicaid/SSI, Special Needs Trusts, and Financial Planning

Tom Clark, Social Security Administration: “SSI and Medicaid for Special Needs”, Steve Livens, CPA & Attorney: “9 Costly Mistakes to Avoid When Planning for Special Needs Child” and Naomi Duke, CFP: “Special Needs calls for Special Planning: Guidance on building an efficient plan”

All of us want to plan for the future of our children (especially the ones with disabilities). The three professionals presenting this month’s subject are experts in the area of special needs trusts, financial resources, financial planning, estate planning, and many other areas that impact families trying to provide a secure financial future for their loved ones. Even if parents do not have a significant estate to pass on to their heirs, there are many ways for parents to provide a good nest egg for their children. This workshop will tell us how we can fund the trusts we create for our kids. Also discussed will be how parents can leave assets for our children with special needs, without jeopardizing their eligibility for governmental assistance. Who will take care of my children’s financial affairs when I am no longer alive? What if Grandma or Aunt Sally leave an inheritance in my child’s name and this child has a special need? Is it cruel to leave my son or daughter out of my will if they have a disability? When is the right time to start preparing for my children’s financial needs? What are the **nine** costly mistakes to avoid when planning our children’s financial future? These questions and many, many more will be answered and talked about at the November 13th meeting of Our Special Children. Be sure to make your reservations for free childcare. Do not miss this opportunity to learn more about preparing for your children’s financial future.

RESPIRE CO-OP FOCUS MEETING: (Immediately following the Financial Planning Mtg.) The Arc of GTC has received a grant to help develop a Respite Co-Op in collaboration with The IDD Needs Council of Tarrant Co. and The Aging and Disability Resource Center of Tarrant Co. (ADRC). We would like to begin this program as soon as possible, but we need your input. Please plan on participating in this first meeting so you can provide ideas and suggestions on how we can best serve our families’ needs.



2010 HOLIDAY CELEBRATION - Our annual Holiday Celebration will be held on Saturday, December 11th from 10 A.M. till 12 Noon at University Christian Church, 2720 S. University Drive, Ft. Worth, Texas 76109. There will be free toys, refreshments, music, face-painting, clowns, and Mr. & Mrs. Santa Claus. Attendance will be limited since the hall will only handle 600 people, so everyone must call the Arc of GTC to make reservations: **(817) 877-1474**.

National Hunger and Homelessness Awareness Week is November 14 – 20, 2010: Each year, as the Thanksgiving holiday approaches, many people take time to consider what they are thankful for, and donate some of their time to those less fortunate. Every year, in the spirit of Thanksgiving and education, the National Coalition for the Homeless and the National Student Campaign Against Hunger and Homelessness co-sponsor National Hunger and Homelessness Awareness Week, one week prior to Thanksgiving. During this week many non-profit organizations, schools, communities and cities throughout the nation endeavor to bring a greater awareness to the issues of hunger and homelessness. Please visit the **Tarrant County Homeless Coalition** website at: <http://www.ahomewithhope.org/> for more information and to learn how you can help the homeless in Tarrant County



Family Caregivers Online



Multiple Medications and the Elderly - In today's society, it seems that everyone is "multiple tasking", both in their professional and personal lives. The same holds true for the elderly population and the medications they are prescribed. Previously the term ADE or Adverse Drug Events described what frequently occurred with these pharmaceutical regimens. Today, it is more common to hear these scenarios called PIPs (potentially inappropriate prescribing) or ARs (adverse reactions). Interestingly, only a small portion of evidence-based medical literature has shown significant interest in the population over 75 years of age... however, a large percentage of medications are being prescribed for this specific age group. *Read more at*

<https://app.e2ma.net/app/view:CampaignPublic/id:18978.8721675911/rid:fe7659f129cc4a74238aefec0da9491c>

Social Security Fast-Track Disability Processes Get Even Faster - Michael J.

Astrue, Commissioner of Social Security, announced that the agency has published final rules that will further reduce the time it takes to decide applications for disability benefits from those persons with the most severe disabilities—a process that currently takes less than two weeks on average. The new rules allow disability examiners to make fully favorable determinations for adult cases under the agency's Quick Disability Determination (QDD) and Compassionate Allowance (CAL) processes without medical or psychological consultant approval. It also will help the agency process cases more efficiently as it will give medical and psychological consultants more time to work on complex cases where their expertise is most needed. Under Social Security's QDD process, a predictive computer model analyzes specific data within the electronic disability file to identify cases where there is a high likelihood that the claimant is disabled and we can quickly obtain medical evidence. The CAL process currently identifies 88 specific diseases and conditions that clearly qualify for Social Security and Supplemental Security Income disability benefits and can be fast-tracked. The final rules, 20 CFR Parts 404 and 416, can be accessed through the *Federal Register* online at www.regulations.gov. They will be effective on November 12, 2010. Additional information about Social Security's Compassionate Allowances process is available at www.socialsecurity.gov/compassionateallowances.





The Arc of Northeast Tarrant County

For questions, additional information or to pre-register for an Arc of NETC activity or workshop, please visit: www.arcnetc.org, send an Email: arcnetc@att.net or call the office at: (817) 834-7700.

ASPIRE Meetup Group - For Families of Children Who Have an Autism Spectrum Disorder



Monthly Parent Meeting: Central Auditory Processing Disorders – Presenter: Denise Gage

October 16, 2010 • 1 – 3 • The Arc of NETC – Arc House • 1806 Haltom Rd. • Haltom City, 76117
Denise is a certified speech language pathologist, licensed spoken language specialist, and a certified auditory/verbal therapist. She will provide an overview of the background of CAPD, the diagnostic tools used, treatment involved, and how it relates to individuals who have an Autism Spectrum Disorder. For more information about the parent meeting or to view a list of social activities, please visit: <http://www.meetup.com/ASPIRE-Tarrant-County/>.

Friday With Friends - Monthly Social for Individuals who have a Disability 14 & Up

Friday – November 12, 2010 • 7 to 8:30 • The Arc of NETC • 1806 Haltom Road • Haltom City, TX 76117

Learning Together Workshop Series - Information on Innovative Ideas & Best Practices

When Behaviors Are Challenging: Behavioral Strategies That Work

Presenters: Carrie Greer, Easter Seals North Texas, Amber Watts, Irving ISD, & Nancy Meadows, TCU

November 6, 2010 • 9:00 – 12:30

**Handouts guaranteed for all pre-registered participants of this FREE session.*

Dee Kelly Alumni & Visitors Center (TCU) • 2820 Stadium Dr. • Ft. Worth, Texas 76129

All children present challenging behavior at times. The question is why? What are they trying to tell us and how do we respond? **DON'T MISS THIS OPPORTUNITY!** Participants will leave inspired with information to identify the ABC's of behavior, set up the environment to support behavior, and develop accommodations to teach skills. For more information: www.arcnetc.org.

RISE – Information/Support Group for Families of Children who have a Disability



A Case for Long Term Care Reform – Presenter: Jeff Garrison-Tate Community NOW!

November 13, 2010 • 2:30 – 4:30 • The Arc of NETC • 1806 Haltom Rd. • Haltom City, TX 76117

Join us as Jeff provides an overview of issues facing individuals who have a disability and their families, why reform is needed, and specific strategies to use during the upcoming Legislative session. Given the budget crisis in Texas and a request for across the board budget cuts of approximately 10% the 82nd Legislative leadership will have many tough decisions to make. It is more important now than ever that your voice be heard. **DON'T MISS THIS OPPORTUNITY!** Participants will leave empowered with information and strategies to use during the 82nd Legislative session.

Self-Advocate Leaders of Today – A Group for Adults Who Have a Disability Age 18-29

Advocating for Ourselves & Others – Presenter: Jeff Garrison-Tate, Community NOW!

November 13, 2010 • 12:00 – 1:30 • The Arc of NETC • 1806 Haltom Road • Haltom City, Texas 76117

Join us as we discover what it means to be a Self-Advocate and an Advocate. It is important to understand how to advocate for ourselves and for others who may not have a voice. In Texas, many individuals who have a disability are waiting for community based services. Others are living in an institution waiting to get out. History tells us that the people most impacted by a policy, rule, unmet need, or abuse are the ones who make change happen. Will you be someone who will act and know that you did the best you could to make things better for yourself and others? Or will you sit on the sidelines? **Together we are stronger!**

Thrive: A quarterly magazine for families with Intellectual or Developmental Delays (IDD), ADHD, Autism, and other special needs is available in Fort Worth. Visit the web site at: <http://www.dfwthrivemagazine.com/index.asp> or call (972)447-9188 to receive your subscription!



Autism Speaks Re-Launches its College Program Autism Speaks recently re-launched the website for its [Autism Speaks U](http://www.autismspeaks.org/u) initiative, which engages college students across the country in autism awareness, advocacy and fundraising efforts. The new site features greater personalization and a wide range of tools to empower students to establish *Autism Speaks U* chapters, organize events, and encourage their peers to get involved. College students, faculty and alumni can get involved with *Autism Speaks U* by visiting www.autismspeaks.org/u.

Come Read with Me - A Life-Long Learning Center for Amazing Adults with Developmental Disabilities Supporting long-term cognitive strength through life-long learning. 901 Clinic Dr, Suite A109, Euless, TX 76039 - 817.553.7323 or www.comereadwithme.us

Come Read with Me



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.

November is National Diabetes Awareness Month

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!!!!!!!!!!

Portions of this e-mail newsletter were excerpted from the National Center on Secondary Education and Transition E-News, which can be found at <http://www.ncset.org/enews/>

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.