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FSC NEWSFLASH – OCTOBER 2010

The Family Support Council Meeting/Transition Subcommittee will have its next regular meeting on **Friday, October 8, 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, October 6th.

MARK YOUR CALENDAR! The FSC/TC Fall 2010 Transition and Disability Resource Expo is on October 16, 2010 from 11 AM – 2 PM at the Birdville ISD Fine Arts/Athletics Complex, 9200 Mid-Cities Blvd., North Richland Hills, TX. SEE THE NEW ATTACHED EXPO BROCHURE.



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 (**October 4th**) 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 meeting of **The Intellectual and Developmental Needs Council of Tarrant County** will be on **Thursday, October 7** 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.



MHMR of Tarrant County has a new **transportation planning project** called **Go 2 Work!** - funded through a grant from the North Central Texas Council of Governments. The goal of Go 2 Work! is to increase employment-related transportation to working-age adults (ages 16-64) with Intellectual and Developmental Disabilities (IDD) in Tarrant County. The project begins with finding out where people with IDD want and need to go, like places they can't go to now. So, if you are, or know someone with IDD age 16 or older, please 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, ask your case worker for help, or call Dan Gadbury at 817-569-4045. Please give us your feedback by November 1st. Thank you!



Reframing Dementia: Strategies to Find Hope and Strength in the Midst of Challenges: October 5, 2010, 10:00 am - 11:30am, First Presbyterian Church 1000 Penn Street, Fort Worth TX 76102; For more information or to register, contact Shelly Young at 817.336.4949 or 800.272.2900. Registration is requested.

PTSD & The Returning Soldier: The Impact of Combat Exposure and Redeployment on Soldiers and their Families on Thursday, October 7, 2010, 1:00 pm - 4:00 pm at Tarrant County College - Northeast Campus, 828 W. Harwood Rd, Hurst TX 76054. Register through Tarrant County College, Northeast Campus at 817-515-6417 or julie.dennis@tccd.edu

The Next Quarterly ADRC training will be on Veteran Services: DATE CHANGE 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/>.

“Looking Ahead: Plan Now for Future Needs” Booklets Available: Resource information that describes local, state and federal social services programs has been compiled in a resource guide titled, "Looking Ahead: Selected Information and Resources About Retirement Planning and Long-term Planning Options. Please call the ADRC at 1-888-730-ADRC (2372) for your copy!

Prescription Drug Part D - The first benefit that several million Medicare beneficiaries will receive is a one-time check for \$250, if they enter the Part D donut hole and are not eligible for Medicare Extra Help. The donut hole, or coverage gap, is the period in the prescription drug benefit in which a beneficiary pays 100 percent of the cost of their drugs until they hit the catastrophic coverage. Next year, all beneficiaries who enter the gap will get a 50 percent discount for covered brand name Part D drugs. Also beginning next year, Medicare beneficiaries will get preventive care services like colorectal cancer screening and mammograms without cost-sharing, in addition to an annual wellness visit. For more information, go to <http://www.medicare.gov/pdp-basic-information.asp>. If you need more help understanding your benefits, call an ADRC/TC Resource Coach at 1-888-730-2372.



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. A couple of upcoming events are **Jewelry Class 1 - 3 PM, Saturday, October 9**, and **Halloween Party! 1 – 4 PM, Saturday, October 2**. MHATC is located at 3136 West 4th Street, Fort Worth, Texas 76107.

Your Input is Needed for an Online Survey by the Department of Aging and Disability Services (DADS). The Quality Assurance and Improvement unit at DADS is inviting all stakeholders and providers to participate in an online survey to help identify resources, training or other needs that would be helpful in providing daily services and supports. It is important to note that participation in this survey is **voluntary**. In order to obtain input from stakeholders and providers, a short online survey is available at: <http://www.surveymonkey.com/s/P98DMQ7>. The survey will be available until **Oct. 15, 2010**. If you have any questions regarding this survey please contact Katharine McCormick at (512) 438-4541 or Katharine.McCormick@dads.state.tx.us.

October is Disability Employment Awareness Month

FREE 24 Hours of Mammograms! (*Complete Care for those Diagnosed*) Beginning at 8am, **Thursday, October 14**, ending at 8am, Friday, October 15. Huguley Imaging Center - Located in the Doctor's Surgery Center at the south end of the Huguley campus. To qualify, you must be 40 years of age or older, live in Tarrant or Johnson Counties, and currently have NO breast problems. Please call Huguley STAR scheduling to make your appointment at 817-551-2787. *No calls will be taken prior to 9 AM on Wed., September 29. Mammograms offered by appointment only. Limited spaces are available, only 150 appointments will be scheduled.*



The Education Service Center Region XI presents **Project SEARCH**, which provides employment and education opportunities for individuals with significant disabilities. The program is dedicated to workforce development that benefits the individual, community, and workplace. The Project Search Model focuses on non-traditional job placements that are enhanced by agency collaboration, single point entry, and business leaders. This facilitates the teaching and learning process through continuous feedback and application of new skills. The ultimate goal is competitive employment upon graduation. Friday – **October 22, 2010** 9:00 am – 4:00 pm at Birdville FAAC (Fine Arts & Athletics Complex) 9200 Mid Cities Blvd North Richland Hills, TX 76180 For more information, contact: The Arc of Northeast Tarrant County • Phone (817) 834-7700 • Email arcnetc@att.net or ESC Region XI - Carla Johnson • Phone: (817) 740-3614 • Email: cjohnson@esc11.net To Register: Online: https://mis.esc11.net/CatSess.asp?type=Audience&Subject=Parents&Wksp_Num=001334 Other: Central Registration Department: (817) 740-3659 or centralregistration@esc11.net





The Arc of Northeast Tarrant County

For questions, additional information or to pre-register for an Arc activity or workshop, please visit our website: 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: Student Introduction Portfolio's – Presenter: Cindi Paschall

October 16, 2010 ▪ 1 – 3 ▪ The Arc of NETC – Arc House ▪ 1806 Haltom Road ▪ Haltom City, TX 76117

Although there are many different types of portfolios, parents of students who have a disability find that "Student-Introduction" Portfolios are an effective communication tool. The purpose of this type of portfolio is to assist others in getting to know the student for who he or she is and not just for his or her disability. School personnel often only have access to very traditional special education records – eligibility documentation, IEP goals and objectives, modifications and therapy reports. These types of records do not always give a full and complete picture of the child – strengths, interests, what works, etc. For more information about the parent meeting or to view a list of social activities, please visit: <http://www.meetup.com/ASPIRE-Tarrant-County/>.

Brown Bag Workshop



Bully Proofing Our Schools – Presenter Shannon Urbina

October 6, 2010 ▪ 11:30 – 1:30 ▪ The Arc of NETC ▪ 1806 Haltom Road ▪ Haltom City, TX 76117

Bullying is widespread in schools across the country and is extremely harmful to the well-being and academic progress of students. This overview will inform all participants about what bullying is, the types of bullying, and how we can support both the bully and their victims. Pack a lunch and join us! You won't want to miss this session. **Offered at no cost - pre-registration required by Oct. 4th*

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

BINGO ▪ Friday – October 8, 2010 from 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

Practical Solutions for Educating Children with Down Syndrome – Presenter: Bridget Murphy

October 1, 2010 (Educator Focus) or October 2, 2010 (Parent Focus) ▪ 9:00 – Noon ▪ Dee Kelly Alumni & Visitors Center (TCU) ▪ 2820 Stadium Drive ▪ Ft. Worth, Texas 76129

This FREE workshop provides practical strategies for educators and parents to successfully engage, instruct, and enjoy a student who has a Developmental Disability. **Handouts guaranteed for all pre-registered participants.*

Employer-Based School-to-Work Transition: The Project SEARCH Model – Presenter: Erin Riehle



October 22, 2010 ▪ 9 – 4 ▪ Birdville ISD FAAC ▪ 9200 Mid Cities Blvd ▪ North Richland Hills, TX 76180

Participants will leave inspired with (a) information to develop business credibility, (b) tools and strategies to improve performance of students and employees who have a disability, and (c) tools that can be implemented immediately at home, work, or school. For questions: Carla Johnson: (817) (817) 740-3614

**Offered at no cost - pre-registration required.*

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



The Importance of Friendships: Addressing Social Skills within the IEP – Presenter: Marianna Bond

Saturday - October 9, 2010 ▪ 1 – 3 ▪ The Arc of NETC ▪ 1806 Haltom Road ▪ Haltom City, TX 76117

Participants will leave with information detailing the importance of friendships and how they impact a person's quality of life, strategies to improve social skills, and tools to assist a person to become part of a social network.

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

The next meeting: **October 9, 2010 ▪ 12 – 1:30 ▪ The Arc of NETC ▪ 1806 Haltom Road ▪ Haltom City, TX 76117**

SAVE THE DATE: *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.

Equipment, Supplies, and Assistive Devices to Make Life Easier, Part II - Mobility Aids provide increased comfort and help a person move around more easily as well as ensure safety for the caregiver



Gait/transfer belt is almost essential for anyone who has difficulty getting up and down and lack mobility. Gait Belts have proven to be helpful to use in the transfer of patients or to gain a secure hold on Alzheimer's patients that are prone to falls. A Gait Belt also provides a secure way to steady or guide patients when transferring or walking.

Wheelchair with padding and removable arms

Walker to help maintain balance and provide some support

Electric scooter (higher cost but may be worth it for increased mobility and less strain on caregiver)

Crutches for use when weight cannot be put on one leg or foot

Cane to provide light weight-bearing support

Transfer board (9" x 24") for moving someone in and out of bed

Read more at

http://e2ma.net/go/8537820798/3019568/97481737/18978/goto:http://files.e2ma.net/18978/assets/docs/0810_rest_of_the_article_equipment_supplies_part_2.doc

Social Security Publishes Final Rules to Help Members of the Military And Veterans Receiving Supplemental Security Income - Michael J. Astrue, Commissioner of Social Security, announced that

the agency has published final rules about the Heroes Earnings Assistance and Relief Tax (HEART) Act. The HEART Act changes the way the agency treats certain cash payments to members of the uniformed services and veterans under the Supplemental Security Income (SSI) program, which will enable some of them to continue to receive government disability benefits and others to receive a higher benefit amount. "This law allows the men and women of our armed forces, veterans, and their families to keep more of their military-related payments while also maintaining eligibility for valuable cash and healthcare benefits," said Commissioner Astrue. Aged, blind or disabled individuals who have limited income and resources can qualify for monthly SSI benefits from the Social Security Administration and Medicaid from the States. As a general rule, if other income goes up, the SSI payment will go down. Income and resources are major factors used in deciding SSI eligibility and SSI payment amount.

Health and Human Services [Secretary Kathleen Sebelius has announced](#) the launch of HealthCare.gov on [Facebook](#). HealthCare.gov on Facebook allows you to:

Search for insurance coverage using the "[Insurance Finder](#)" tool at

http://www.facebook.com/Healthcare.gov?v=app_4949752878

Share your thoughts and ideas with other members of the HealthCare.gov network

Learn more about what the Affordable Care Act means for [individuals, families or small businesses](#)

Stay informed through new blog posts and web chats

HealthCare.gov

The Arc of Greater Tarrant County – October 2010 - 1051 Haskell Street, Suite 106
Fort Worth, TX 76107 - 817-877-1474. www.arcgctc.org. Dr. Richard Garnett,
Executive Director – richard.garnett@arcgctc.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, October 9th, 2010, 9:30am till 12noon
1051 HASKELL STREET, SUITE 106
FORT WORTH, TEXAS 76107

AUTISM & APPLIED BEHAVIOR ANALYSIS (A.B.A.) THERAPY

Ms. Nancy Wagner Ms. Laurie Snyder Mr. Matt Robison Ms. Theresa Ely Ms. Ashley Fogle
(A.B.A. Academy) (F.E.A.T.) (Child Study Center) (A.S.A.P.) (LoneStar Solutions)

What do you know about Autism? Are you constantly hearing about A.B.A. Therapy and wondering what it is and how it can help your child? Have you been able to find the right resources for your child with autism? What about the cost? Where can you find the funding or the money to pay for the treatment plans? Aren't the medical insurance companies supposed to cover autism expenses? Who do I contact when my young child is diagnosed with autism? Where can I find other families going through what my family is experiencing? Do the school districts provide appropriate services for a student who has autism? If not, how do I know and what can I do about it? How do I select the right A.B.A. Therapy treatment agency? How can parents participate in the treatment plans and how important is it to have parental involvement? These are just a few of the questions & topics we will be discussing at this very important workshop on **October 9th**. Two certified A.B.A. Therapists and an Autism Service Coordinator will speak about the subject and share information about their agencies and also two parents of children with autism to talk about their experiences and the support groups they represent. Please don't miss this chance to learn more about this subject. This meeting is open to all so feel free to invite others to attend.

PRESIDENT'S NEWS

[STAR+PLUS](#)

The Medicaid **STAR+PLUS** program will be implemented in Tarrant and surrounding counties in early 2011. STAR+PLUS is a Medicaid managed care program that includes medical services and long term care services and supports LTCSS). The program will be mandatory for adults who receive SSI and who are not in a nursing facility or in Medicaid Waiver programs including HCS or CLASS (CBA waiver is included in STAR+PLUS). Children with Medicaid and SSI under the age of 21 years may voluntarily enroll in STAR+PLUS. People who receive both Medicare and Medicaid services will be included as "dual eligible members". The people affected by the STAR+PLUS program must enroll with a HMO when the program is implemented. Read more at <http://www.arcgctc.org/NL1010.pdf>

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



The clothing closet at JPS is running low..... The Clothes Closet is a function of JPS Volunteer Services. Mostly needed items include men's clothing in smaller sizes, shoes and *new* underwear. They would prefer deliveries on Tuesday's and Thursday's from 10:00am to 3:00pm. Please call ahead at 817-927-1590 and ask anyone from Volunteer Services to meet you at the loading docks.



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.

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.

SNAP 2010 CALENDAR

DATE		TIME	ACTIVITY & LOCATION
Monday	Oct 4	6:30pm – 8:30pm	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 Contact: Paula Baker at 817-832-6683 or Prbaker56@aol.com
Friday	Oct 8	5:00pm – 7:00pm	SNAP Cooking Class with Chef Orlando Nelson 901 Clinic Dr, Euless, TX Join your SNAP friends and learn to cook. Instruction and food cost is \$20 a night. RSVP to Lisa Nelson : lisajacksonnelson@yahoo.com or 817-681-8469
Sunday	Oct 10	12:40pm	SNAP Movie – LEGEND OF THE GUARDIANS: THE OWLS OF GA'HOOLE Tinseltown Movies 911 W Highway 114, Grapevine, TX 76051 (Hwy 114 @ Wm D. Tate) RSVP to Regina Kropf by Friday Morning Contact: 817-946-4109 Regk25@aol.com
Sunday	Oct 11	Early Register Deadline	Early Registration Deadline for Creative Life Coaching Workshop on October 18th. Registration closes Friday, Oct 15. See details below.
Tuesday	Oct 12	5:45pm – 8:00pm	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
Sunday	Oct 18	RSVP Deadline	Deadline for RSVP to SNAP Halloween Party ~~Let Paula know what you will bring and how many people you are bringing. Party Date: October 30. See details below.
Monday	Oct 18	6:30pm – 8:30pm	SNAP – Creative Life Coaching 901 Clinic Dr, Euless, TX 76039 "Workplace Interactions" Focusing on understanding and getting along with your supervisor, co-workers and customers. Learn new interpersonal skills and practice in a mock workplace environment. Workshop fee: Register by Monday, Oct.11 and fee will be \$20.00 Late registration - \$30.00 - Registration closes Friday, Oct 15 Cash or Check made out to "Creative Life Coaching", at the door RSVP by Oct 11th — seating is limited. Contact Paula Baker: C817-832-6683 E: Prbaker56@aol.com
Tuesday	Oct 19	3:00pm	SNAP Member Recruitment Committee Meeting SNAP Board Room
Wednesday	Oct 20	12:00pm	SNAP Board Meeting Sandlin Homes (Matt Speight's office) 5137 Davis Blvd N Richland Hills, TX 76180
Thursday	Oct 21	6:30pm – 8:00pm	BINGO – Sponsored by Knights of Columbus 1319 Brown Trail, Bedford, TX 76022

<p>Saturday</p> <p>SNAP GALA</p>  <p>Fundraiser</p>	<p>Oct 23</p>	<p>6:00pm – 11:00pm</p>	<p>SNAP GALA</p> <p><i>A MAGICAL EVENING</i> BROUGHT TO YOU IN BLACK AND WHITE</p> <p>Volunteers Needed!</p> <p>Contact Maggie Baldwin H 817-681-3129 C 817-683-1183 E maggie.baldwin@ntxsnap.org</p> <p>Or Rita Goodner or Marlene Turner Marriott Solana Hotel – Westlake 6:00pm – Silent Auction and cocktails begin 7:00pm – Dinner begins Master of Ceremonies – Scott Murray Rock n’ Roll to the music of the King Creole Band</p>
<p>Monday</p> 	<p>Oct 25</p>	<p>All Day Dining</p>  <p>Fundraiser</p>	<p>SNAP Fundraiser Chick-fil-A – Spirit Day for all SNAP supporters Heritage Towne Crossing, Euless, TX (Glade Road and Hwy 121) Tell the Order Taker you are there for SNAP Spirit Day & 20% of these proceeds will be donated to SNAP!</p> <p>See attachment for coupons. <i>(Not required for purchase.)</i> Pass this on to all of your friends and neighbors – no need to be a SNAP member.</p>
<p>Monday</p> 	<p>Oct 25</p>	<p>6:00pm – 8:30pm</p>	<p>SNAP Girls Night Out – Topic TBA with Shirley Knudson and Paula Baker 901 Clinic Dr, Euless, TX 76039 RSVP to Shirley Knudson Contact: Shirley Knudson 817-688-5552 shirley.knudson@charter.net</p>
<p>Saturday</p> <p>SNAP HALLOWEEN PARTY</p> 	<p>Oct 30</p>	<p>7:00pm – 9:00 pm</p> <p>RSVP Deadline is Oct 18</p>	<p>SNAP – HALLOWEEN PARTY 901 Clinic Dr, Euless, TX 76039 -Wear a costume (not required but fun!).! -Bring a six pack of soft drinks or water bottles or a dozen cookies or a bowl of chips & dip AND one bag of individually wrapped candy</p> <p>**Parents & family members: Let us know if you would like to help with decorations, paper products, set up or take down.</p> <p>Contact Paula Baker C 817-832-6683 E Prbaker56@aol.com</p>