



[www.familysupportctc.org](http://www.familysupportctc.org)

## FSC/TC NEWSFLASH – SEPTEMBER 2011

The next **Family Support Council** meeting will be on **Friday, September 9<sup>th</sup>** at **11:30 AM** at Resource Connection Welcome Center Boardroom, 1100 Circle Drive, Fort Worth, TX 76119. Please RSVP for lunch to [kimberly.gilchrist@mhmrtc.org](mailto:kimberly.gilchrist@mhmrtc.org) no later than Wednesday, **September 7**.

Be sure to **SAVE THE DATE!** The **FSC-TC Fall 2011Expo**, at the Grapevine-Colleyville ISD Professional Development Center will be on **Tuesday, October 4<sup>th</sup>, 4-7PM**. Visit <http://www.familysupportctc.org> for more information!



# Back to School!

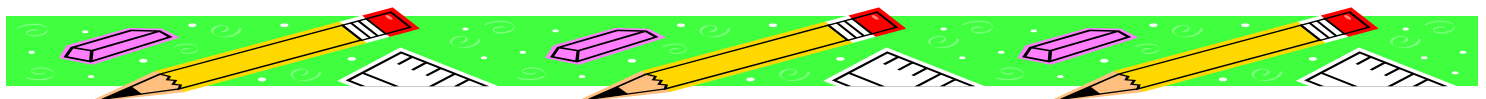


The next meeting of **The Intellectual and Developmental Disabilities Needs Council of Tarrant County** will be on **Thursday, October 6<sup>th</sup>** from 8:30 AM to 10:00 AM at Easter Seals, 1424 Hemphill St., Ft. Worth, TX. For more information on the IDD Needs Council, call Beth Cain (817/877-1474) or email [beth.cain@iddcounciltc.org](mailto:beth.cain@iddcounciltc.org)

**The Arc of Texas** presents a Free Webinar: **Microboards 101, September 7, 2011** from **12:00pm to 1:30pm**. This is an opportunity to learn about microboards and how to establish your own - all from the convenience of your home computer. Visit <https://www3.gotomeeting.com/register/794731670> to register or visit <http://www.thearcoftexas.org> for more information.



**The Fort Worth Library** is hosting a workshop for job seekers: Claudia Sanchez, a staffing specialist with Manpower, Inc., will present a free two-part workshop in **Spanish** for job seekers. Sanchez will offer tips on writing a good resumé and having a successful interview. Seating is limited, so please call ahead to reserve a seat at (817) 392-7721. Sessions are September 10, 2-4 PM and September 24, 2-4 PM. Call for more information and session locations.



## 82nd Texas State Legislative Session Outcomes Report



The 2011 Texas State Legislative session was one of the most difficult in recent memory. Bills that were passed are having a dramatic impact on services for people with disabilities, older adults, and professional and family caregivers. Thanks to Lynda Taylor Ender, AGE Director, The Senior Source, Dallas, who wrote *The 82nd Texas State Legislative Outcomes Report*. [Click here for the article](#). To find specific bills, [Click here](#).

**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://tarrantcountypadrc.org/>.**

**Learn from Home: Long Distance Caregiving** – Learn to assess what's working, identify and use resources, and develop plans to balance responsibilities and take care of yourself. Read more at



**Family Caregivers**  
Education and Resources

[http://www.familycaregiversonline.com/family\\_caregiver\\_module.asp?module=18&nu=9](http://www.familycaregiversonline.com/family_caregiver_module.asp?module=18&nu=9)

**Do you have a child diagnosed with autism spectrum disorder who has a younger infant sibling?** The Infant Brain Imaging Study (IBIS) at Washington University School of Medicine in St. Louis is looking for interested families to participate in a study of infant siblings. Please visit <http://www.autismspeaks.org> for more information.



Rise Adventures is celebrating with their **End of Summer Bash VII** on **September 24, 2011** from **9 AM – 3 PM** at Meadowmere Park, Grapevine, TX. For more information, visit Rise at <http://www.riseadventures.org/>

**Medicare prescription drug premiums will not increase, more seniors receiving free preventive care, discounts in the donut hole:** Medicare average prescription drug premiums will not increase in 2012.... Read more at: <http://tinyurl.com/4y83rmz>

U.S. Department of Health & Human Services

**HHS.gov**





## OUR SPECIAL CHILDREN

Saturday, September 10th , 2011

9:30 am till 12 noon

1051 HASKELL STREET, SUITE 106

FORT WORTH, TEXAS 76107

### SPECIAL NEEDS TRUSTS and FINANCIAL PLANNING WORKSHOP

**Chris Oglesby, Attorney & Director of Arc of Texas' Master Pooled Trust, Steve Livens, CPA & Attorney: "9 Costly Mistakes to Avoid When Planning for Special Needs Child", and Bridget Eastham, Gammon Financial, PLLC: An overview: "Preparing a Letter of Intent for your Special Needs Child"**

Back by popular demand, is the very informative and interesting workshop on special needs trusts and financial planning. We are excited about the topic for this month's meeting of Our Special Children. 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 we would like to know how we 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 Aunt Sally or Grandma leave an inheritance in my child's name and this child has a special need? Is it cruel to leave my son or daughter no monetary inheritance 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 we should avoid when planning our children's financial future? Learn more about The Arc Texas' Master Pooled Trust program. These questions and many, many more will be answered and discussed at the September 10th 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. There will be lots of great handouts.



**Ms. Erinn Hall** assumed the position of Executive Director for The Arc of Greater Tarrant County on September 1, 2011. Having served as the Project Director for the Texas Council on Developmental Disabilities Leadership and Self Advocacy Grant at the Arc for the last three years, she has become known as a dynamic, creative and caring advocate for people with IDD and their families. Her success as Project Director led to the Chapter of the Year Award from Texas Advocates. She took more of our Arc members and self-advocates on more trips to Austin during the legislative session to visit legislators & tell our story than just about anyone else from the Arc chapters throughout the state. In May, Erinn received a certificate of appreciation for her commitment and dedication to The Arc. Read more at: <http://www.arcgctc.org/NL0911.pdf>

**Registration for the CCUSA Poverty Summit & Annual Gathering** in Fort Worth is now open! This event will be held at the Omni Hotel in Downtown Fort Worth from Sunday, September 18, 2011 through Wednesday, September 21, 2011. Go to the CCUSA website to see the [conference schedule](#) or [register online now](#).

Catholic Charities USA is pleased to initiate a national poverty summit bringing together national leaders, local experts, practitioners, volunteers, advocates, academics and others to advance the work that needs to be done to reduce poverty in America and in our world.

[The Poverty Summit](#) strives to:

- **Inspire** active participation in a national movement to reduce poverty in America
- **Re-imagine** the way America addresses poverty
- **Strategically identify, design and implement** innovative and measurable tactics towards the common goal of reducing poverty in America.



**Save the Date!** FEAT-NT is hosting a workshop: **The ABCs of ABA** on **October 15, 2011** from **9 AM – 2:30 PM** at the FEAT-NT Resource Center and Library, 7286 Glenview Dr, Richland Hills, TX 76180. Registration is open now. Call Melinda or Lori at 682-626-5000 or email [events@featnt.org](mailto:events@featnt.org) for more information. The ABCs of ABA workshop, originally

created by FEAT North Texas, is an overview of Applied Behavioral Analysis. Terms and techniques for treatment and education of individuals within the Autism Spectrum Disorder will be covered. This workshop is an excellent starting point for parents, therapists, caregivers, teachers, case workers, family and friends who would like to better understand the science of Applied Behavior Analysis and how it is applicable in the field of autism. This is an interactive session with many opportunities to ask questions. Whether you are just learning to apply ABA, or need refresher training, this workshop is for you.

## Disability★Blog

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

Since the passage of the [Wagner-O'Day Act](#) in 1938, people who are blind have been a major part of the U.S. labor force by creating quality products for the federal government and military. This contribution to the manufacturing boom after the Great Depression and during World War II was decades before the signing of the 1990 Americans with Disabilities Act (ADA). The federal market was opened to people who are blind, because they proved their capability to manufacture and deliver quality supplies on time at fair market prices. Even without the convenience of today's assistive technology, people who are blind possessed the abilities and skills to do their jobs well, exceeding the expectations of the U.S. federal government. To read more, visit <http://blog.govdelivery.com/usodep/2011/08/modest-investments-in-technology-accommodations-reap-big-rewards-for-employers.html>

## The Centers for Medicare & Medicaid Services (CMS)

has announced a new Quality Care Finder tool that provides online access to all of Medicare's "compare tools" on hospitals, nursing homes, home health care and health and drug plans. Hospital Compare has data on how well hospitals protect patients from infections, as well as an enhanced Quality Improvement Organization program to help to health care providers deliver better care. **For more information visit [https://www.disability.gov/health/news %26 events](https://www.disability.gov/health/news_%26_events).**

**Disability**★gov

## **Mythbusters: Learn the Truth about Food Safety in Your Home by Howard Seltzer, National Education Advisor, Center for Food Safety and Applied Nutrition, FDA:**



It's September, so it's time for us to bust some myths. Beginning in the mid-90's, National Food Safety Education Month has focused public attention on safe food handling and preparation. Food safety myths may not sound very serious. But they may cause food handling mistakes that can lead to food poisoning, severe illness, and even death. So it's important to get the facts straight. Read [this week's blog](#) to learn more.

---

### **Affirmations for Caregivers of a Child with Disabilities:**

1. Admit that our child has a disability, and that we are powerless to change it.
2. We believe that with proper supports, we can remain a family.
3. Accept that our child is first and foremost a child; they are not defined by their disability.
4. Develop a list of resources that we feel will meet our child's needs, and contact those resources.
5. Seek out and contact other families with children that have disabilities, accept that regardless of the disability we all have something to learn from one another.
6. Understand the stages of grief, and that we grieve for how the disability affects our child.
7. Accept that at times we need a break. Take time for ourselves by way of prayer, meditation, or hobbies, to renew our ability to care for our child.
8. We must check our dreams and hopes for our child and when they are lost, develop new dreams and hopes for our child.
9. Continue learning about disabilities in general.
10. Use our knowledge to support other families and children as we are supported in our journey.
11. Accept and understand that a disability is a natural part of the human condition.
12. Work diligently to make sure our child is given every possible opportunity society has to offer. If there are barriers work at tearing them down, or help create opportunities for them.


Reprinted from Caregiver's Ladder, a family support group: <http://www.caregiversladder.org/>



## FRIDAY WITH FRIENDS SOCIAL

A monthly social event for individuals who have a disability ages 14 and up. The next Friday with Friends Social | **Friday – September 16, 2011 • 8:00 PM – 9:30 PM** • The Arc House Join us for a night of networking and sharing personal stories. We will develop an “All About Me” Collage and then share who we are with each other. Don’t forget to bring your favorite photos, magazine clippings, poems, tickets stubs, and other creative things that give us a picture of who you are and what you like. We will supply the poster board, scissors and markers. Please bring others supplies you may wish to use with you. **To reserve your spot; required:** (817) 834-7700 or [arcnetc@att.net](mailto: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

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, and plan community based volunteer activities. **The Next SALT Meeting – Housing Options September 16, 2011 • 7:00 – 8:00 PM** • The Arc House | 1806 Haltom Road | Haltom City, Texas 76117 *Janet Wilkinson, Housing Resource Specialist with the REACH Resource Center on Independent Living* will be joining us. During this interactive meeting, housing options for individuals who have a disability will be explored. REACH services will also be reviewed with time for Q & A at the end of the meeting.

## 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](http://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 from 9:00 – 3:00**

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

### ASSISTIVE TECHNOLOGY THE 21ST CENTURY KEY TO SUCCESS

Presenters: Marianna Bond, M.Ed. ATP - Assistive Technology Practitioner & Leah Gardner, – Director, Removing Limits Through Technology Assistive Technology Program – Ability Connection Texas

**Saturday – October 1, 2011 • 9:00 – 3:00**

City of Hurst Public Library  
901 Precinct Line Road | Hurst, Texas 76053



Department of Assistive and Rehabilitative Services

**Save the Date! October 4, 2011 ~ Benefits**

**and Work Incentives Training:** This unique free training is designed to give you basic knowledge about Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) work incentives programs *and* the many Texas specific programs that support someone who wishes to obtain, maintain, or advance in employment. **YOU WILL LEARN:** Why it is important to have basic knowledge about these programs. How using federal and state work incentives programs can help a consumer reach his/her employment goal. The information you need to provide basic facts about benefits and work incentives to people you support. When to refer a consumer to a Work Incentive Planning and Assistance (WIPA) certified Community Work Incentives Coordinator (CWIC) for expert, and more detailed assistance. **YOU WILL GET:** Easy to understand fact sheets about each federal and state program. Contact information for the seven WIPA programs statewide. For more information and registration, please contact [sara.kendall@dars.state.tx.us](mailto:sara.kendall@dars.state.tx.us)

**Our Military Kids** ([www.ourmilitarykids.org](http://www.ourmilitarykids.org)) wants to help your family through deployment. If you have a child ages 3 to 18 whose parent is currently deployed overseas with the National Guard or Reserves, your child is eligible for a grant. The grants, which can be up to \$500, will pay for up to six months of an extracurricular activity of your choice. The process is simple. Visit our website and select the appropriate one-page application. Once you download and complete the application, send it to us along with copies of three supporting documents: 1) A copy of the Title 10 deployment orders; 2) A form of ID for your child that proves dependency to the service member - we accept a Military ID, birth certificate, or 1172 DEERS form; 3) Contact and fee information for the activity of your choice - a flyer, brochure, etc. Once we receive your application and documents, a check is sent within ten days directly to the service provider of the activity. For more information, visit the web site at [www.ourmilitarykids.org](http://www.ourmilitarykids.org)



**Blog article: Five things you should know about a family with special needs** - Our journey as a special needs family has had amazing highs and astonishing lows. Through it all, I've experienced

the joys of a family growing stronger together in the face of a true unknown with Katy's chromosome deletion. Even with all of that strength, we are still faced daily with obstacles and emotions that we don't show many - if any - people at all. In the interest of helping others understand what goes on in our lives every day, here are five things you should know about a - or rather about *our* - special needs family, at least through my eyes.... For the complete article, visit <http://www.exceptionalfamilytv.com/blogs/families/michelle/five-things-you-should-know-about-special-needs-family>

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 [kimberly.gilchrist@mhmrtc.org](mailto:kimberly.gilchrist@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/IDD Services. Your help in alerting us to community information is greatly appreciated. Please forward to Kim Gilchrist @ [kimberly.gilchrist@mhmrtc.org](mailto: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.