



www.familysupportctc.org

FSC/TC NEWSFLASH – OCTOBER 2011

The next **Family Support Council** meeting will be on **Friday, October 14th 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 no later than Wednesday, **October 12th**.

The FSC-TC Fall 2011 Expo, at the Grapevine-Colleyville ISD Professional Development & Education Center will be on **Tuesday, October 4th, 4-7PM**. Visit <http://www.familysupportctc.org> for more information! See you there!



New support group for the guys: Are you a man with IDD? Do you want to meet other guys for discussions, friendship, and support? **The Men's Group** is meeting on **Tuesday, October 4th** from 12:00 – 2:30 PM at The Arc of Greater Tarrant County, 1051 Haskell St, Ste 106, Fort Worth, TX 76107. Call Brandon Cabral 817-986-3841 for more information.



The next meeting of **The Intellectual and Developmental Disabilities Needs Council of Tarrant County** will be on **Thursday, October 6th** 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

The **Fabulous Female Expo** will be held on **October 8th** from 9 AM – 2:30 PM at the TCU Student Union, 2901 Stadium Drive, Fort Worth, TX 76129 for young ladies (ages 10-19) and their parents. For registration and more information, please visit: <http://dragspeaks.com/fabulous-females/>

The **First Annual City of Crowley Job Fair** will be held on **October 11th** from 10 AM – 3 PM at Crowley Recreation Center, 405 South Oak St, Crowley, TX 76036. For more information, please call Felicia Pastorino at 817-413-2881.



FEAT-NT is hosting a workshop: **The ABCs of ABA** on **October 15th** 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 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.

The **Dallas Mayor's Committee for Employment of People with Disabilities** is sponsoring **The DMC Disability Hiring Expo 2011** on **October 17th** from 11 AM – 2 PM at **Cityplace Conference & Event Center**, 2711 N. Haskell Ave, Dallas, TX 75204. For more information or to register for this event (free to job-seekers) please visit: <http://dmc-employ.org/registration1.html>

The **Aging & Disability Resource Center of Tarrant County** is hosting **Diabetes Self-Management**, a training course for anyone facing diabetes, professionals, and caregivers on **October 18th** from 9 AM – 12 PM at Tarrant County Public Health Department, 1101 S. Main St., Fort Worth TX. For more information, visit: http://www.familycaregiversonline.net/uploads/163718_Diabetes_10-18-11.pdf

Change of date: The **Ladies Friendship Group** will meet on **Friday, October 28, 2011** from 12-2 PM at The Resource Connection, 1100 Circle Drive, Fort Worth, TX 76119 for our annual Halloween party! Please bring your lunch and wear a costume – drinks and dessert are provided. For more information, call Linda Haberthur at 817-569-5491.



Fort Worth ISD presents **Celebrating Our Students' Abilities** on **November 8, 2011** from 5:30 – 7:30 at The International Newcomer Academy, 7060 Camp Bowie Blvd. Fort Worth, Texas 76116. Dinner, transportation, childcare, and translators provided. There will be a special guest appearance by players from UTA's Movin' Mavs wheelchair basketball team! Register early to secure your place (especially childcare and transportation) for this exciting event. Contact Patricia Benitez at 817.814.2848 or Monica Moreno (bilingual) at 817.814.2849. You can also register by e-mail: patricia.benitez@fwisd.org

Tarrant County College Northwest Campus' Stepping Stones Program offers students with IDD the opportunity to access and be successful in postsecondary education options. Students, parents, and teachers are invited to explore options for continuing education, employability, self-advocacy, and other life skills on **November 16th**. Bring a sack lunch or enjoy lunch in the student cafeteria prior to the program tour. Location: Tarrant County College Northwest Campus, 4801 Marine Creek Parkway, Fort Worth, TX 76169.



University of North Texas Project COPE – Helping Grandparent Caregivers:

Project COPE (Caring for Others as a Positive Experience) is being conducted beginning later this Fall by Dr. Bert Hayslip at the University of North Texas. This project will compare different ways of helping grandmothers who are raising a grandchild between ages of 4 to 12 in the absence of the grandchild's birth parents.

Grandmothers who are raising a grandchild older than 12 in the absence of the birth parent are also encouraged enroll in Project COPE. This study is funded by the National Institutes of Health and it involves four geographic locations: Northeast Ohio; the Greater Washington, DC – Baltimore, MD Metropolitan Area; Dallas/Fort Worth, Texas; and Southern California.

Participation in this study will involve attending 10 weekly group meetings with other grandmothers at a safe and convenient location in the community. Grandmothers will be assigned randomly to participate in one of 3 different programs that are designed to help grandmothers cope better with the role of raising a grandchild. A light meal will be served at each session and a supervised child care area for grandchildren will be available adjacent to the group meeting. Participants will also be asked to complete a total of six assessments over a two year period, where grandmothers will complete a brief interview and also complete a simple task with their grandchild that will be videotaped.

Grandparents who come to a study site in their community for this purpose will receive a \$35 check after each assessment. At the end of the study, all participants will receive additional information about how to cope with raising a grandchild as well as information about parenting a grandchild. All information gathered from those who attend the study will be held in the strictest confidence.

Please call **Dr. Hayslip at 940-565-2675** or email him at **hayslipb@unt.edu** to find out more about the study or to enroll.

The **Aging & Disability Resource Center of Tarrant County** is hosting Diabetes Self-Management, a training course for anyone facing diabetes, professionals, and caregivers on **October 18th** from 9 AM – 12 PM at Tarrant County Public Health Department, 1101 S. Main St., Fort Worth TX. *Presented By* Jennifer J. Severance, PhD, Program Coordinator and Carolyn F. Goodspeed, M.A. Assistant Program Coordinator. There will be an overview of the Texas Healthy Lifestyles Program, guidance on implementing an evidence-based curriculum, the lay leader's role in supporting behavior change, and self-management concepts for better health. This session is targeted for people with diabetes, anyone with a chronic illness or disability, family caregivers and professionals. CEUs are available for social workers and LPCs (3 hours or .3 CEUs). To register, please email adrctraining@gmail.com

For more information, visit:

http://www.familycaregiversonline.net/uploads/163718_Diabetes_10-18-11.pdf

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/>.**



The Arc of Northeast Tarrant County

1806 Haltom Road ▪ Haltom City, Texas 76117 ▪ 817-834-7700 ▪ www.arcnetc.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, October 21, 2011** ▪ 7:30-9:00PM ▪ The Arc House - Join us at our annual **HALLOWEEN** Costume Party – a night filled with good food, friends, games & FUN! To reserve your spot; required: (817) 834-7700 or arcnetc@att.net.

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

Family Connections – PEAS (Partnership in Education, Advocacy and Support) is a cross-disability Meetup group for families of children, regardless of age who have a disability. **Mission:** To create a network of support for families of children who experience life with a disability label.

The Family Connections PEAS Meetup group provides...

- Parent-to-parent support & networking
- Social opportunities
- Informational meetings



Better Together

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

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

(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 and the independent living movement, and plan community based volunteer activities.

The next SALT meeting: October 21, 2011 | 7:00 – 7:30 | Agenda: personal updates & elections. Stay after the meeting for the Friday with Friends Halloween Costume Party.

SALT is recognizing National Disability Employment Awareness Month by sponsoring the workshop below.

Customized Employment!

Presenter: Darlene McGillick, Program Director – LaunchAbility

Friday – October 7, 2011 from 7:00 pm – 9:00 pm

Northwood Church | 1870 Rufe Snow Drive | Keller, Texas 76248

Individuals living life with a disability label want to work and are able to be competitively employed. Join us and learn how using a discovery process and available services/supports can make working a reality.

Who should attend?

- Individuals who have a disability
- Family members
- Transition Specialists
- Supported Employment Personnel
- DARS Counselors

Businesses & others interested in making competitive employment a reality.



To register – required, (817) 834-7700 or info@arcnetc.org - SPACE IS LIMITED!

MEDICARE OPEN ENROLLMENT EVENTS

Area Agency on Aging benefits counselors will help you find the Medicare plan that best fits YOUR needs.

IMPORTANT...You MUST bring your Medicare card AND a list of ALL your prescription drugs and dosages. These

events are **free**. To schedule an appointment at the location nearest you, call United Way's Area Agency on Aging of Tarrant County at 817-258-8125.



Events are scheduled at the following dates and locations:

October 17: Community Enrichment Center, North Richland Hills

October 21: Pleasant Ridge Church of Christ, Arlington

October 25: Handley Meadowbrook Senior Center, Fort Worth

November 1: White Settlement Senior Center, White Settlement

November 2: Haltom City Senior Center, Haltom City

November 7: Diamond Hill Senior Center, Fort Worth

November 9: Arlington New York Senior Center, Arlington

November 14: Worth Heights Senior Center, Fort Worth

Family Caregivers Online – When you consider our current health care delivery system, it is excellent at dealing with trauma and diagnosis, and this works well for younger people, who are generally healthy. But this method may not work so well with older adults, who typically deal with chronic disease management. Insurance certainly promotes trauma and diagnosis,



Family Caregivers
Education and Resources

because doctors are reimbursed for procedures, and not for taking the time to talk to patients and develop management programs for chronic diseases. Click [here](#) to read the rest of the article.

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.



Our Military Kids (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





Our Special Children

Families Helping Families

Education and support groups for people parenting or caring for a person with a developmental disability.

Parents on call are volunteer parents who provide support and information to other parents of children with special needs or disabilities. Call: Deneesa Rasmussen 361-389-5126 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 8th, 2011

9:30am till 12noon

1051 HASKELL STREET, SUITE 106

FORT WORTH, TEXAS 76107



Growing Pains: The Art of Parenting Teenagers with Intellectual and Developmental Disabilities

Presented by Ms. LeeCarol Copeland, BSN, RN, MSSW, LMSW

This month we will be having a unique and different kind of workshop at Our Special Children. We've invited Ms. LeeCarol Copeland, a Special Education Counselor with the Arlington I.S.D. to come and present a very informative and educational discussion about children and teenagers reaching puberty and all the relevant issues that particular milestone bring with it. Ms. Copeland has done much research into this subject and is uniquely qualified both as a nurse and a social worker to offer our parents some much needed insight into this topic. We know how difficult it often is for parents to have the 'Birds and the Bees' talks with their children without disabilities, so we can only imagine how hard and different it would be to have the same talks with children **with** disabilities. Ms. Copeland will talk about all the physical changes boys and girls undergo, how parents can help their children understand appropriate & inappropriate touching, language, and sexual behavior, how parents can monitor and supervise their children to hopefully prevent sexual abuse, when and how to report abuse, menstruation, birth control, and any other related issue you may bring up. This is your opportunity to have an open and frank conversation on a subject that is seldom discussed within our families, much less in public. Make your plans now to attend this very important workshop. There will be plenty of hand-outs at the meeting. We do offer free childcare during the meeting, if you call the office at (817) 877-1474 for reservations.

Information concerning children and youth.

Deneesa Rasmussen (361) 389-5126




Philip Bell (817) 877-1474



deneesar@yahoo.com

philip.bell@arcgtc.org

Thank-you to Mr. Chris Oglesby, Mr. Chad Reed and Ms. Bridget Eastham for a fantastic workshop on Special Needs Trusts, The Arc of Texas Master Pooled Trust, and Financial Planning. We had a packed house for this very informative discussion. We were left with a few hand-outs and would be very happy to share them with anyone unable to attend. However, we cannot mail them so we would request that you either come by our office or plan on attending the October 8th meeting when we will make them available to you.

SNAP Calendar for October 2011

Saturday 	Oct 8	10:30am – 2:30pm	SNAP Men's Club – ARE YOU READY FOR SOME FOOTBALL!! Paul Gafford is hosting at: Rita and Rick Goodner's Home 6608 Emerald Dr, Colleyville, TX 76034 Food and drinks provided. Cost: \$10.00 at the door. Contact Roger Marshall by Oct 5th C 817-798-1745 text or call (Be sure to leave your name!) or email ram747@verizon.net
Sunday 	Oct 9	2:20pm)	SNAP Movie – Dolphin Tale Tinseltown Movies 911 W Highway 114, Grapevine, TX 76051 (Hwy 114 @ Wm D. Tate) RSVP to Regina Kropf by Friday Morning 817-946-4109 Regk25@aol.com
Tuesday  and Gala Meeting	Oct 11	5:45pm – 8:00pm	SNAP Bowling *PLUS* SNAP GALA Meeting Both Meetings at: AMF Hurst Lanes 720 W. Pipeline Road, Hurst, TX 76053 Bowling will start in Sept on the second Tuesday as usual. Cost is \$2.00 with your SNAP membership card and \$3.00 without. If you have not received your card yet, you can pick it up that night or you can get buy one for \$2.00 that night. RSVP to Ms. Linda Gardner by Monday E linda1960@verizon.net
Saturday	Oct 15	RSVP Deadline	RSVP Deadline for SNAP MASQUERADE BALL on Oct 29th. See details below.
Tuesday Creative Life Coaching Small Group Workshop	Oct 18	1:00pm – 3:00pm	Creative Life Coaching – Tuesday Workshop "The Truth about Guy/Girl Relationships." - Honest talk and answers to your questions. - The keys to a good relationship. SNAP Board Room, 901 Clinic Dr, Euless, TX 76039 Registration fee: \$25 per session. Seating limited to 6 people. Register as soon as possible by calling or emailing Paula Baker. (Cash or Check, made out to "Creative Life Coaching", at the door.) Contact Paula Baker by Friday, Oct 14th C 817-832-6683 E Prbaker56@aol.com www.specialneedslifecoaching.com
Tuesday	Oct 18	2:00pm	SNAP Member Recruitment Committee Meeting SNAP Board Room 901 Clinic Dr, Euless, TX 76039
Thursday	Oct 20	6:30pm – 8:00pm	BINGO – Sponsored by Knights of Columbus Knights of Columbus, 1319 Brown Trail, Bedford, TX 76022
Saturday 	Oct 22	5:00pm 5:30pm	SNAP Welcome New Members & Supper Club New members are welcome to come early to meet our Welcome Committee. We would like to have a chance to get to know you and answer any questions before the crowd arrives. SNAP Supper Club: Cliff's Neighborhood Grill , 1900 S Main St., Grapevine, TX 76051 (Inside Stacey's Furniture) RSVP to Regina Kropf by Oct 20th 817-946-4109 Regk25@aol.com
Monday 	Oct 24	6:30pm – 8:30pm	SNAP Girls Night Out – with Shirley Knudson and Paula Baker FOOD FOR OUR FAMILIES Let's talk about FOOD. What could be more fun! We'll be looking at what foods are healthy and nutritious and some that are not (but are really yummy anyway!). We'll study food labels and play some games about food choices. Also, we'll be collecting non-perishable food items to combine with the SNAP Men's Club food collection for families in our community who are having a tough time providing meals for their kids right

			<p>now. We're really pleased to be able to help our neighbors. Please contact Paula, if you want to donate food to this special project - SNAP's Helping Hands Food Drive, and you will receive a list of food needed. If you have questions about this project, be sure to contact Paula - prbaker56@aol.com or Shirley - shirley.knudson@charter.net Be sure to join us for a wonderful evening of fun and sharing! RSVP to Shirley Knudson 817-688-5552 shirley.knudson@charter.net</p>
<p>Tuesday</p> <p><i>Creative Life Coaching Small Group Workshop</i></p>	Oct 25	1:00pm – 3:00pm	<p><i>Creative Life Coaching – Tuesday Workshop "In Search of Happiness."</i></p> <p>-What is happiness and how to find it! - Practical and fun ways to a better perspective.</p> <p>SNAP Board Room, 901 Clinic Dr, Euless, TX 76039 Registration fee: \$25 per session. Seating limited to 6 people. Register as soon as possible by calling or emailing Paula Baker. (Cash or Check, made out to "Creative Life Coaching", at the door.) Contact Paula Baker by Friday, Oct 21st C 817-832-6683 E Prbaker56@aol.com W www.specialneedslifecoaching.com</p>
<p>Tuesday</p>  	Oct 25	3:00pm – 11:00pm (Come at 6:00pm & we will eat together.)	<p>SNAP – Chili's Night Out 2810 Hwy 121, Euless, TX 76039 (Glade Rd & Hwy 121)</p> <p>REMINDER: Print out the attached flyer and bring it with you to Chili's. Give it to your server and Chili's will donate 10% of your purchase back to North Texas SNAP! We must have a flyer with your meal ticket in order to receive a donation.</p>
<p>Saturday</p> 	Oct 29	6:00pm Cocktails 7:00pm Dinner	<p>North Texas SNAP presents MASQUERADE BALL Hurst Conference Center 1601 Campus Dr, Hurst, TX 76054 Mistress of Ceremonies Rebecca Carrell Formerly with the Dorsey Gang KSCS 96.3 Radio Show now devoted to LSS Ministries</p> <p>Entertainment – King Creole Band Cash Bar Cocktail attire – Masks optional Tickets: \$75.00 Raffle: 32GB iPad 2</p>
<p>Monday</p> <p>SNAP HALLOWEEN PARTY</p> 	Oct 31	7:00pm – 9:00pm	<p>SNAP – HALLOWEEN PARTY 901 Clinic Dr, Euless, TX 76039 -Wear a costume, if you'd like! (not too scary or gory, please) -Bring to share: a six pack of soft drinks or water bottles and cookies or chips & dip Parents/guardians must come in and sign in for emergency contact info. *** Parent Volunteers Needed!! Contact Paula!!</p> <p>Contact Paula Baker C 817-832-6683 E Prbaker56@aol.com</p>

Living Connections: A support group for parents and guardians of children with behavioral and emotional difficulties, meets on the **first Monday of the month** from 6-8 PM at The Excel Center of Fort Worth, 1220 W. Presidio, Fort Worth, TX 76102. Living Connections is dedicated to parent support and education combined with strategies focused on finding and understanding resources, preliminary needs for efficient records organization and individual solutions. Please address questions to Mike: ACT_founder@sbcglobal.net /817-219-5459 or Conchita: Conchiata.andrijeski@psysolutions.com /817-335-6429 For more information about ACT, visit the website at: <http://hopeforhealingtrauma.com/>



[Benefits.gov – Your Path to Government Benefits](#)

Benefits.gov is the official benefits website of the U.S. federal government, with a mission to provide all citizens with increasingly accurate and personalized access to federal and state government benefit information. The site's core function is the eligibility prescreening questionnaire, known as the "Benefit Finder," which evaluates your individual situation through a series of simple questions. We invite you to explore Benefits.gov at <http://benefits.gov> for more information.

Disability★Blog

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

Disability★gov

From the [Campaign for Disability Employment - Five Things YOU Can Do to Improve Employment Outcomes for People](#)

with Disabilities: [Hire, Retain and Advance People with Disabilities](#) , [Share Your Inclusive Practices](#) , [Be a Mentor](#) , [Share the "CAN-Do" Spirit](#) , and [Link to Us](#) For more information about recruiting and hiring people with disabilities visit https://www.disability.gov/employment/employer_resources.

The Texas Council for Developmental Disabilities (TCDD) has updated its [Resource Guide on Higher Education for People with Disabilities](#), which includes information for future college students, their families and high school counselors.



TEXAS COUNCIL for DEVELOPMENTAL DISABILITIES

For students who are not college bound, information is also available on transition to employment. For more information, visit the TCDD website at: <http://www.txddc.state.tx.us/index.asp>

2012 Medicare Advantage premiums fall and projected enrollment rises: *Open enrollment is earlier this year – October 15 through December 7* - On average, Medicare Advantage premiums will be 4

 Centers for **Medicare & Medicaid** Services

percent lower in 2012 than in 2011, and plans project enrollment to increase by 10 percent. Of

people with Medicare, 99.7 percent continue to enjoy access to a Medicare Advantage plan... For the complete article, please visit <http://www.cms.gov/center/openenrollment.asp>

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 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 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.