

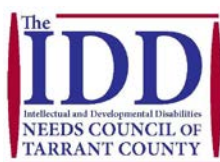


www.familysupportctc.org

FSC/TC NEWSFLASH – JANUARY 2012

Family Support Council of Tarrant County meets **Friday, January 13th** 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 Thursday, January 12th.

The **Spring 2012 Transition & Disability Resource Expo** will be held on **Saturday, May 5, 2012** at The Resource Connection, 2300 Circle Drive, Fort Worth, TX 76119. For more information, please visit <http://familysupportctc.org>



Please come celebrate with **The Intellectual and Developmental Disabilities Needs Council of Tarrant County!** We're celebrating two years of work for and by people with IDD on **Thursday, January 12th, 2012** from 11:30 AM to 1:00 PM at Joe T. Garcia's, 2201 N. Commerce St., Fort Worth, TX 76164. Lunch is \$10. Please RSVP to Beth Cain no later than Monday, January 9th via email to beth.cain@arcgctc.org or call 817-877-1474. The next general counsel meeting will be on February 2, 2012.



Welcome 2012!



The Ladies Friendship Group will meet on **Friday, February 3rd** from 12:00 – 2:00 at The Resource Connection Gym, 2300 Circle Drive, Fort Worth, TX 76119. The topic this month is "Friendship: Heart to Heart". Please bring a sack lunch and wear red. Dessert will be provided. For more information or to RSVP, contact Linda Haberthur at 817-569-5459.

The Men's Friendship Group will meet on **Thursday, January 12th** from 11:30 AM – 1:30 PM at The Arc of Greater Tarrant County, 1051 Haskell St, Ste 106, Fort Worth, TX 76107. This month, we'll welcome Kim Bouldin, Benefits Specialist for MHMRTC, who will have information on applying for and maintaining SSI, SSDI, and Medicaid. Please bring a sack lunch. For more information or to RSVP, please call Brandon Cabral at 817-986-3841.

The Texas Transition Conference (TTC) is an annual two-day conference focused on improving transition outcomes and postsecondary opportunities for youth with disabilities. Conference attendees come from all over the state of Texas and include educators, transition specialists, vocational coordinators, service agency representatives, and youth with disabilities and their families. This year's conference is scheduled for **February 20-21** at Renaissance Hotel in Austin. Stipends are available for parents and transition-age (14+) students. For more information, please visit <http://ttc.tamu.edu/>

Cook Children's Medical Center's blog [We Do It All For Kids](#) has an excellent, inspiring story about weight loss and children this month. Check out Andy's story at [CCMC: We Do It All For Kids!](#)



Resource Coaches: Please join us for the next ADRC Lunch and Learn on **Monday, Jan. 9th**, at 11:30 – 1pm. We'll be meeting in the ADRC at

1300 Circle Dr., Fort Worth, TX 76119. To RSVP, please contact Beth Noah at beth.noah@unitedwaytarrant.org or 817-569-4036.

Financial Education Classes, sponsored by Catholic Charities Diocese of Fort Worth, Inc. Various dates, times & locations. click [here](#) for details

Fort Worth Mayor's Committee on Persons with Disabilities Seeks Applicants for Appointment click [here](#) for details

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/>.**

Learn from Home: Long Distance Caregiving – [Aging & Mental Health: Depression, Alcohol &](#)



Family Caregivers
Education and Resources

[Prescription Drugs](#) After completing this module you will be

able to Identify usual aging processes, recognize signs and symptoms of dementia and Alzheimer's Disease, know the signs and symptoms of alcohol and drug abuse, recognize signs of potential suicide, identify interactions between medications and alcohol, know how to find help, and identify caregiving strategies.



Rise Adventures announces their 2012 Event Calendar! Please visit the website at [RISE Major Event Schedule](#) to check out what's new (and returning!) for the new year. For more information, visit Rise at <http://www.riseadventures.org/>

The Arc of Northeast Tarrant County

1806 Haltom Road • Haltom City, Texas 76117 • 817-834-7700 • www.arcnetc.org



PEAS Meetup Group

Family Connections, a Partnership in Education, Advocacy & Support (PEAS)

PEAS is a cross-disability support/information group for families of children, regardless of age, who have a disability.

- Parent-to-parent support & networking
- Social opportunities
- Friday Coffee Talk – informational meetings

FRIDAY COFFEE TALK - Student Introduction Portfolios

Presenter: Kelly Mastin, mom of three children, 2 living life with a disability label

January 13, 2012 from 9:00 – 11:00

The Arc of Northeast Tarrant County - 1806 Haltom Road • Haltom City, Texas 76117

As a key member of your child's IEP team, you are required to communicate with many people throughout the school community. How we describe our children to others shapes their perceptions and values concerning our children as contributing members of the school community. Come learn how to describe your child; and how to create a student introduction portfolio in order to assist others in getting to know your child for who he or she is rather than just their disability label.

For more information or to RSVP, call (817) 834-7700, Email arcnetc@att.net or visit the PEAS group at: <http://www.meetup.com/PEAS-ArcNETC/>.

PEAS at Pump it Up Playtime – Join us on Tuesday, January 3, 2012. For more information or to RSVP, visit the PEAS group at: <http://www.meetup.com/PEAS-ArcNETC/> or call (817) 834-7700

Friday with Friends Social

FWF is a monthly social for individuals who have a disability ages 14 and up.

The Next FWF Social: Game Night! Friday - January 20, 2012 • 8:00 PM – 9:00 PM

The Arc of Northeast Tarrant County | 1806 Haltom Road | Haltom City, Texas 76117

RSVPs REQUIRED: wwarcnetc@gmail.com or (817) 834-7700.

Self-Advocate Leaders of Today (SALT) – Self Advocate 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.

The Next SALT Meeting: Friday – January 20, 2012 • 7:00 PM - 8:00 PM

The Arc of Northeast Tarrant County | 1806 Haltom Road | Haltom City, Texas 76117

Join us as we plan for the New Year! We will talk about and vote on meeting topics, volunteer activities, advocacy strategies, and more. **RSVPs REQUIRED:** wwarcnetc@gmail.com or (817) 834-7700.



FEAT-NT ASPERGER SUPPORT GROUP MEETING: 1st Wednesday night of every month from 7:00-8:30. **AUTISM SUPPORT GROUP MEETING:** 3rd Wednesday night of every month from 7:00-8:30. Childcare is available to those who RSVP for childcare. events@featnt.org to let us know you are attending and if you will need childcare. Support group

meetings are held at FEAT-NT Resource Center & Library, 7286 Glenview Drive, Richland Hills, Texas 76180, Located on Glenview Drive between Hwy 183 and Hwy 26 also known as Grapevine Hwy or Blvd 26. For best directions go to www.mapquest.com.

The 3rd Annual "Teaching Does Make a Difference" Autism Conference - Dallas/Fort Worth, Texas is February 22, 23 & 24th. Walk Away with EDUCATION, ADVOCACY and SUPPORT. Three days of training and Over 40 Presentations:

The FEAT-NT "Teaching Does Make a Difference" Autism Conference brings together experts for three days of training that focus on ways to improve the quality of life for those with autism, their families, caregivers and professionals working with them. The presentations and panel workshops will cover areas of behavioral and developmental therapies, medical/biomedical interventions, research, nutrition, and family issues. It is attended by Educators, Therapists, Health Care Professionals, Caretakers, Parents and anyone who wants to learn more about services and treatment for children living with Autism, Asperger's Syndrome, ADD, ADHD and other learning disabilities. For more information, visit [FEAT-NT](#).

The Clubhouse for Special Needs says, "SAVE THE DATE!" for their annual Dinner and Silent Auction, **March 24, 2012** at the Texas Star Convention Center. Contact Darlene for more information: 817-285-0885. Email: director@theclubhouse.org or visit the [The Clubhouse for Special Needs](#) web site.



Treehouse Thursdays - A Special Gathering for Special Parents Only: A support group in Azle, for parents of special needs children! Hosted by Rise for Special Children, www.riseforspecialchildren.com. Location: First Baptist Church of Azle, 1016 Boyd RD, Azle, TX 76020 Time: 6.30pm-8.00pm (Brown Bag Dinner) For more information call Petra at 940-293-7388

Autism Speaks releases ATN Visual Supports Guide: Pictures, photographs and other visual supports can greatly improve communication for children, adolescents and adults who struggle with understanding or using language. Autism Speaks is pleased to introduce its Autism Treatment Network's Visual Supports tool kit, a guide for parents, teachers and medical professionals. Available for free download





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

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, or Emma Ramirez-Bell 817-265-6009

Free Childcare Available for Saturday Meetings - Reservations Required! Call 817-877-1474



OUR SPECIAL CHILDREN



Saturday, January 14th , 2012

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

For the first month of 2012, we will be continuing this unique and different kind of workshop at Our Special Children. We have asked Ms. LeeCarol Copeland, a Special Education Counselor with the Arlington I.S.D., to return and conclude a very informative and educational discussion about children and teenagers reaching puberty and the issues which that milestone brings 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 prevent sexual abuse, when and how to report suspected 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. Ms. Copeland presented this discussion at our October meeting, but the subject was so interesting and generated so many questions, that she has agreed to come back. She will quickly review the first half of her workshop and then focus on the second half which she was never able to get to at the previous meeting. You won't want to miss this very enlightening talk. Make your plans now to attend this workshop. There will be plenty of hand-outs at the meeting. We do offer free childcare if you call the office at (817) 877-1474 for reservations.

Information concerning children and youth.

Deneesa Rasmussen (361) 389-5126
deneesar@yahoo.com

Philip Bell (817) 877-1474
philip.bell@arcgtc.org

Mr. Samuel Trimiari, SSA Public Affair Specialist, will be making a presentation about Social Security Administration on Tuesday, **January 17, 2012** from **9:00 AM – 12:00 PM** at Resource Connection, **2300 Circle Drive, Fort Worth, TX**. The training will include information and handouts on Social Security Administration Programs, Plan for Achieving Self Support (PASS), and Impairment Related Work Expense (IRWE). RSVP: If you would like to attend this free presentation, please e-mail: Gena.Swett@dars.state.tx.us

Disability★Blog

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

by a 10 day hospital stay. She slowly regained the use of her legs, yet the bone-crushing pain, fatigue and cognitive impairments did not dissipate...She wrote about how appearances do not always tell the story on the inside. In 1996, she finally thought of a label that described her condition – she had an, "Invisible Disability." I thought, "Wow! Your description really makes sense!" Soon thereafter, I took some of her writings and posted them on a website, called <http://www.invisibledisabilities.org/>. Therefore, in 1997, the Invisible Disabilities Association (which was originally called The Invisible Disabilities Advocate) was launched. I had no idea that hundreds of thousands of people from around the world were dealing with their illnesses and pain, and how people did not understand and in many circumstances, believe that they had a disability because of the invisible nature of their symptoms...." *To read the complete article, visit [The Disability Blog](#).*

"It all came crashing down in 1991. First, her legs became paralyzed and then, she received a diagnosis of primary progressive multiple sclerosis (MS), followed



Resolve to Be Food Safer In the New Year: Some people don't take food poisoning very seriously. Maybe that's because the symptoms usually are not long-lasting in

most healthy people—a few hours or a few days—and usually go away without medical treatment. But [foodborne illness can be severe, even life-threatening](#) to anyone, especially those most at risk such as older adults, infants and young children, pregnant women, and people with HIV/AIDS, cancer, or any condition that weakens their immune systems. Read the complete article on the [FoodSafety.gov](#) blog.

DARS Commissioner Debra Wanser has announced that DARS is beginning a year-long effort to increase awareness of



disabilities and encourage understanding of the disability rights movement. The agency's initiative supports the newly designated Persons with Disabilities History and Awareness Month (October), which the 82nd Texas Legislature created in House Bill 3616. The DARS Web site [Disabilities History and Awareness page](#) will feature regularly updated information about a variety of disability issues, a historical overview of how people with disabilities have achieved independence and equality, and a calendar of disability events around the state and other observances. January's focus is Glaucoma.

COMING UP IN JANUARY at SNAP....

DATE		TIME	ACTIVITY & LOCATION
Tuesday	Jan 10	5:45pm – 8:00pm	<p>SNAP Bowling AMF Hurst Lanes 720 W. Pipeline Road, Hurst, TX 76053 Cost is \$2.00 with your SNAP membership card and \$3.00 without. RSVP to Ms. Linda Gardner by Monday linda1960@verizon.net</p>
Friday	Jan 13	Early Register Deadline	<p>Early Registration Deadline for <i>Third Monday Evening Workshop</i> on January 16th. See details below.</p>
Monday	Jan 16	6:30pm – 8:30pm	<p>SNAP – <i>Third Monday Evening Workshop</i> With Paula Baker, SNAP Program Director Group workshop (6-12 participants only), designed for adults (17 & above) with developmental challenges. Large Conference Room 901 Clinic Dr, Euless, TX 76039 Topic: <i>The Truth about Guy/Girl Relationships</i> -Honest talk and answers to your questions. -The keys to a good relationship. -Role-playing clear, honest communication. Cost: \$25.00 (Cash or Check at the door) <i>*Register early to make sure you get your spot!</i> Contact Paula Baker by Jan 13th C 817-832-6683 E Prbaker56@aol.com</p>
Tuesday	Jan 17	2:00pm	<p>SNAP Member Recruitment Committee Meeting SNAP Board Room 901 Clinic Dr, Euless, TX 76039</p>
Wednesday	Jan 18	TBA	<p>SNAP Board Meeting SNAP Board Room 901 Clinic Dr, Euless, TX 76039</p>
Monday	Jan 23	6:30pm – 8:30pm	<p>SNAP Girls Night Out – “SPIN IT TO WIN IT!” with Shirley Knudson and Paula Baker Large Conference Room & SNAP Board Room 901 Clinic Dr, Euless, TX 76039 SPIN IT TO WIN IT! Join us for a fun evening of a brand new game, designed especially for you. It'll be challenging, exciting, and funny. Also, we'll be talking about what sorts of things we'd like to do in 2012. Bring your ideas for what you'd like to see happen at Girls Night Out in the future. Hope to see you there. RSVP to Shirley Knudson Contact: Shirley Knudson 817-688-5552 shirley.knudson@charter.net</p>
Wednesday	Jan 25	RSVP Deadline	<p>RSVP Deadline for SNAP Men's Club on Jan 27th. See details below.</p>
Wednesday	Jan 25	RSVP Deadline	<p>RSVP Deadline for SNAP Supper Club on January 28th. See details below.</p>
Friday	Jan 27	6:30pm –	<p>SNAP Men's Club – TBA</p>

		9:00pm	<p>Large Conference Room 901 Clinic Dr, Euless, TX 76039 Food and drinks provided. Cost: \$10.00 at the door.</p> <p>Contact Roger Marshall by Jan 25th C 817-798-1745 text or call (Be sure to leave your name!) E ram747@verizon.net</p>
Saturday	Jan 28	5:00pm 5:30pm (Please arrive 15 minutes early.)	<p><u>SNAP Welcome New Members & Supper Club</u> 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.</p> <p><u>SNAP Supper Club:</u> Cliff's Neighborhood Grill 1900 S Main St. Grapevine, TX 76051 (Inside Stacey's Furniture)</p> <p><u>RSVP to Regina Kropf by January 25th</u> Contact: Regina Kropf 817-946-4109 Regk25@aol.com</p>

Action Parent: Creating Your Own IEP ~ Being an ACTION Parent is being an effective advocate for your child. What goals and objectives do YOU need to work on and master? What accommodations and modifications do YOU need to be successful? This is a "get real" session! Make a difference in your child's life: become an ACTION PARENT! This workshop is scheduled for **January 23rd** from 9 AM – 10:30 AM at Easter Seals, 1424 Hemphill, Fort Worth, TX. For more information, contact Stormy Lovett at prnstormy@hotmail.com or 817-770-7969

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.