



### **Operation Vote on August 23 helps your voice be heard this fall**

Election Year 2008 – some are tired of it and others enthusiastic.

If you have a disability or are a relative of a person or an interested citizen and want to learn more about disability issues and voting, join The Arc on Saturday, August 23 for a special training for advocates- *Operation Vote*.

Betty Williams of Self-Advocates of Indiana Kim Dobson of The Arc of Indiana and Tammy Hinds of the County Clerk's Office will present a training program on the ins and outs of voting – and why it matters.

The training is from 2 – 5 p.m. at the BCSC Administration building, 1200 Central Avenue, Columbus on Saturday, the 23<sup>rd</sup>.

There is no cost for the program. Information about voter registration, voting and how you can make your voice be heard will be shared.

For more information call 812-372-0610 or [arc@uwbarthco.org](mailto:arc@uwbarthco.org)

### **Disaster Relief Assistance**

The severe weather of early June impacted the lives of individuals with disabilities and their families. A number of Bartholomew County residents have benefited from Disaster Relief Assistance available from The Arc of Indiana which has provided a \$100 debit card to assist with immediate needs.

To apply for assistance, individuals should contact The Arc of Bartholomew County at 812-372-0610 or [arc@uwbarthco.org](mailto:arc@uwbarthco.org)

### **Stephens, Myers and Kestler named Baker Scholars**

Three high school seniors who graduated this spring have been named recipients of The Arc's Ben Baker Memorial Scholarship award for 2008.

Sarah Stephens, Brett Myers and Grace Kestler are each receiving Baker Scholarship funds this fall to pursue their education.

Sarah Stephens graduated this spring from Columbus East High School. The daughter of Tootsie Stephens and Lloyd Purdue, Sarah, who plans to become a teacher, served as a cadet teacher working with students with special needs and served as a LRC and ESL volunteer, Math mentor, Beacon Assistant and Torch Time Mentor.

Brett, the son of Jay and Peggy Myers, graduated from Columbus East, is a founding member of Best Buddies at East and served as Vice President. He participated with Special Swim, served as Peer Tutor, worked on the school newspaper and played on the soccer team.

Grace Kestler graduated from Columbus North and is the daughter of John & Elizabeth Kestler. Grace, an individual with Charcot Marie Tooth, has participated in Power Wheelchair Soccer, organized Best Buddies at North, appeared on the MDA Telethon, served 4-H and Girl Scouts and was on the HS yearbook staff among her many activities.

The scholarship is named after longtime educator and Arc member Ben Baker. Applications for the 2009 scholarship will be available late this fall.

## **News in Bartholomew County**

August 2008

### **Closing the Gap**

Once again this year, The Arc is pleased to be a partner with BCSC in presenting the 2008 "Closing the Gap Workshop" on August 12 at the Columbus Learning Center.

This one-day workshop for parents and teachers is offered at no cost and provides those attending with enhanced knowledge in instructional strategies. Focus topics are Universal Design for Learning and Positive Behavioral Supports.

### **FAS Campaign**

The Arc's Fetal Alcohol Syndrome Awareness Campaign continues with activities centered around September 9, the international FAS Awareness Day.

The Arc is hosting a program for social service organizations, medical professionals, and disability providers on FAS. Members are invited.

The program will be held at The Bartholomew County public Library on 9/9 at 11:30 am.

The Arc is also contacting local restaurants and bars to participate in an awareness day effort on the 9<sup>th</sup>. Businesses are being encouraged to display posters and distribute brochures.

Funding for the FAS Campaign is provided by a grant from The Arc of the US' Oakley Prevention Fund.

### **Save the Date – December 3**

The Arc's Annual Meeting & Awards Program will be Wednesday, December 3 at the Elks Lodge in Columbus.

# Did you know?

*“Did you know?” is a feature that will highlight some of the wonderful finds, people and services in Bartholomew County for people with disabilities. Do you have a “Did you know?” story? Please submit to Michele Robb, Coordinator at The Arc at [arc@uwbarthco.org](mailto:arc@uwbarthco.org) or call 372-0610.*

## **Bartholomew County hosts several support groups to assist community members in a wide variety of issues.**

The Arc of Bartholomew County is pleased to partner with the following support groups:

**STEP (Special Teens, Exceptional Parents):** STEP group is for teens and young adults with disabilities living in Bartholomew County and their parents. Meetings are held on the 3<sup>rd</sup> Tuesday of the month at 6:00pm at East High School. Topics include self-advocacy and transitional related issues for young adults. Contact Peggy Myers at [myersp@bcsc.k12.in.us](mailto:myersp@bcsc.k12.in.us) for more information.

**Autism Support Group:** The Autism support group is designed to assist parents of children with autism living in Bartholomew County. Meetings are held on the 3<sup>rd</sup> Tuesday of the month during the school year at 6:30pm at Parkside Elementary School. Topics are focused on educating and caring for children with autism. Child care is offered during the meeting. Contact Nancy Conner at [connern@bcsc.k12.in.us](mailto:connern@bcsc.k12.in.us) for more information.

**Columbus Area Down Syndrome Support Group (CADSSG):** CADSSG is a support and education group for parents of children with Down Syndrome living in Bartholomew and surrounding counties. Meetings are held the 2<sup>nd</sup> Thursday of the month at 7:00pm at First Christian Church in

Columbus. Child care is offered during the meetings. Topics are focused on education and caring for children with Down Syndrome. For more information, contact Tom Milvert at 812-375-9594 or visit [www.cadssg.org](http://www.cadssg.org).

**The Flat Rock-Hawcreek Parent Solutions Group:** The Parent Solutions Group is a support and resource group for parents and educators of children with special needs. This non-disability specific support group hosts speakers ranging from ADHD to behavioral needs of children with disabilities. Meetings are held the 1<sup>st</sup> Thursday of the month during the school year at 6:30pm at Cross Cliff Primary. Child care is offered during the meetings. For more information, contact Michele Robb at 812-371-3407 or [parentsolutions@sbcglobal.net](mailto:parentsolutions@sbcglobal.net).

For more information about these or other support groups in the area, please contact The Arc office at 812-372-0160 or [arc@uwbarthco.org](mailto:arc@uwbarthco.org).

## **Coordinator’s Corner**

by Michele Robb

“Just Do Something”

These words were spoken by Dr. Temple Grandin, keynote speaker at the Autism Society of America’s National Conference in Orlando, FL in July. I, along with other parents and school staff, attended the conference on behalf of The Arc of Indiana. As a parent of a child with autism, I was quite overwhelmed by the speakers, topics and exhibits at the conference.

However, the saying is true; you will only remember about 10 percent of what you hear. While I did hear more than this (I took notes), it was Dr. Grandin’s words that made the great impact for me. Dr. Grandin is a designer of livestock handling facilities and a Professor of Animal Science at Colorado State University. She also has autism. During her keynote, Dr. Grandin was adamant that society needs to continue its research in the causes and treatments

of autism. She then stated that until research finds the answers we need, we must do something. “By doing nothing, we cause more harm”.

While these words were spoken in regards to autism, I see the impact of these words in the work that we do advocating for people with disabilities. As individuals, parents, educators and community members, we have often heard of the difficulty of true community inclusion. As a parent, I want to see my youngest son achieve his dreams the same as his older brothers. How do I plan to help him accomplish this? By “doing something”.

But where do I start? Many individuals will state that they want to do something but don’t know where to begin. We each have gifts and strengths that can be used to lead us closer to achieving community inclusion for people with disabilities. Whether you like to write articles for the newspaper, attend 3<sup>rd</sup> House sessions, help set up events that promote awareness or even make telephone calls or emails during the evening to pass the message along, there is something for you. We must come together and do something to move inclusion forward in our community and beyond. By doing nothing, we cause more harm.

If you would like to “Do Something”, please call The Arc at 372-0610 or email [arc@uwbarthco.org](mailto:arc@uwbarthco.org).

## **The Arc Calendar**

Members of The Arc are attending “Recognizing and Responding to the Vulnerability Trail for People with Developmental Disabilities Training”, from The Arc of IN, August 14 in Carmel.

The Arc will have a booth at the Columbus East Senior Project Fair on Tuesday, August 19.

Operation Vote, Sat., August 23.

Rock The Arc, Mill Race Park, Sat., September 20. More info to come.

September 27 – Buddy Walk

## The Arc of Bartholomew County Annual Awards

Annually The Arc of Bartholomew County recognizes those who have furthered the mission of The Arc. Members of The Arc have the opportunity to submit nominations of individuals and organizations. The following are the awards that will be presented at The Arc's Annual Meeting, December 3, 2008. Please review the criteria and submit your nominees. *The deadline is Friday, October 24, 2008.*

### Self-Advocate Award

- Recognize an outstanding individual who is an achieving, inclusive member of his/her community.
- Has shown growth in self-help skills, work skills, and/or independent living skills.
- Has shown success in competitive, community or supported employment.

### Educator of the Year

- Recognize an educator/teacher/person who works in the educational arena and has demonstrated excellence in teaching and assisting students with special needs.
- Has positively influenced the attitudes and thinking of other educational professionals as well as the general public regarding the education of students with disabilities.
- Fostered inclusion with students with disabilities in the educational process.

### David Stambaugh Volunteer of the Year

- Recognize a volunteer who has given generously of time and talents to accomplish the mission of The Arc in meeting the needs of people with developmental disabilities and their families.

### Friend of The Arc

- Recognize an individual or organization that has performed outstanding service on behalf of people with developmental disabilities and their families.
- Provided assistance consistent with The Arc's Mission Statement and/or Position Statements.

### Professional of the Year

- Recognize a person employed in the field of serving individuals with developmental disabilities and whose work has resulted in improvement in supports and services for people with disabilities and their families.
- Positively influenced the attitudes and thinking of other professionals as well as the general public.
- Assisted in furthering The Arc's goal of full inclusive opportunities for all persons with disabilities.

### Youth Recognition Award

- Recognize a youth or group of youths/organization that has performed outstanding service on behalf of people with developmental disabilities and their families.
- Recognize youth that has given generously of time and talents to accomplish the mission of The Arc.

## The Arc of Bartholomew County AWARD NOMINATION FORM

Award: Self Advocate \_\_\_\_\_  
Educator of the Year \_\_\_\_\_  
David Stambaugh Volunteer of the Year \_\_\_\_\_  
Friend of The Arc \_\_\_\_\_  
Professional of the Year \_\_\_\_\_  
Youth Recognition Award \_\_\_\_\_

Nominee:

\_\_\_\_\_  
\_\_\_\_\_

Position/Title/Firm:

\_\_\_\_\_  
\_\_\_\_\_

Address:

\_\_\_\_\_

City/State/Zip

\_\_\_\_\_

Phone \_\_\_\_\_

Reason for Nomination:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Please use additional paper if necessary. Copy and distribute this form to all who might submit nominations.*

Please submit one nomination per Nomination Form

Please include your name:

\_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

**Deadline is Friday, October 24, 2008**

Send Form and any other information to:  
The Arc Awards Committee  
1531 13<sup>th</sup> St., Suite 1320, Columbus, IN 47201,  
or e-mail: [arc@uwbarthco.org](mailto:arc@uwbarthco.org)

## **Membership campaign results in nearly 70 new members**

The Arc participated in The Arc of Indiana's 2008 membership campaign and as a result 69 new members are being welcomed and introduced to The Arc.

With the theme "Attitude is Everything" local Arc members recruited new members and several were chose by random and won gifts provided by The Arc of Indiana.

Jennifer Luther of Columbus won a copy of Tony Dungy's book and Kevin Gernentz of Hope, and Elaine Zimmir of Columbus are recipients of 50<sup>th</sup> anniversary The Arc T-shirts.

Now that we are about two-thirds of the way through 2008 many members have received their 2008-09 renewal request. We hope that you will continue your support of The Arc and re-member to renew your membership.

## **Why Belong to The Arc? – well here are 12 reasons**

Here are some of the things The Arc has been doing in 2008.

(1) Our annual membership and awareness campaign this spring ended with about 200 attendees dancing to tunes spun by 104.9 The River's Rich Anthony. (2) Plans are underway for 09...

(3) Members of The Arc participated with Bartholomew County On the Move this winter and spring...

(4) FAS Campaign began with a FAS Letter published in The Republic...

(5) The Arc had a exhibit and interactive children's activity at the "Festival of Young Child", April 26, at Donner...

(6) The Arc participated in "Get on Board" volunteer & community event & exhibit, April 29 at the Columbus Learning Center...

(7) Materials, including our English and Spanish FAS brochures were distributed at the Bartholomew County Literacy Fair & Exhibit which included a FAS interactive children's activity on May 17 at the Library...

(8) On August 7 presentations were made to Indiana Business College's new student orientation classes and to students from medical and legal studies on disabilities, FAS and The Arc.

And besides the other upcoming events listed in this newsletter, (9) The Arc will be involved in "selling Ducks" once again this year. Be sure to "adopt" one or more Ducks later this summer from The Arc.

Members will be participating in (10) The Arc of Indiana's Annual Awards Program, Annual Meeting and Conference on October 15. (11) The Arc will be part of the annual Transition Program on October 24. (12) Members of The Arc will also be attending The Arc of the US Annual Convention in November in New Mexico.

By participating, attending and conducting activities and events The Arc and its members are better able to advocate for individuals with developmental disabilities and their families. Your continued membership support helps us achieve our mission.

## **Local Employer Receives Award for Enhancing Employment Opportunities**

Cintas, a locally based company, recently received the 2008 Employer Award from Indiana APSE: The Network on Employment at the APSE Annual Conference in July.

Nominated by Alice Lamb of DSI Services in Columbus, Cintas was recognized for its outstanding achievement in enhancing employment opportunities for people with disabilities. Lamb mentions how welcoming Cintas staff was and how important that was for Morley, a

consumer she worked with as he moved from one employment situation to Cintas.

Cintas staff were very open to the job coach while training Morley and noted that the staff included Morley in all aspects of the company. disabilities in our community.

Information for article provided by INAPSE News Winter 2008 edition

## **SABE Conference**

On September 4-7, 2008, Indianapolis will host one of the largest gatherings in the world of persons with disabilities, Self Advocates Becoming Empowered (SABE) will hold its 9th National Self Advocacy Conference.

With an estimated 1,500 attendees this conference, SABE 2008 is unique in many ways, not the least of which is that every one of the over 100 presenters is a person with a disability; focusing on the most critical areas they have identified.

Persons with disabilities are urged to register and stipends may be available. Visit [www.sabe2008.org](http://www.sabe2008.org)

SABE 2008 also presents a wonderful opportunity for persons to help as a volunteer. 200-300 volunteers are needed.

## **Loss of an advocate**

The Arc lost a great advocate and professional when Elbert Johns, Executive Director of TheArcLink passed away in mid July after a valiant battle against cancer.

Prior to founding TheArcLink he was Executive Director at Stone Belt Arc and worked with The Arc of Bartholomew County.

At the time of his death Elbert was working to ensure the success of SABE2008 (story above).

## A Quiz and some information

If you are pregnant...are thinking or planning to become pregnant... or know someone who is... or if you are a new mother, then please take this quiz.

1. What is more dangerous to unborn babies than cocaine?
2. What is a toxin and can damage babies during pregnancy?
3. What can cause stunted growth? Heart and other organ damage/ unusual facial features? small head size?
4. What can cause holes in the brains of babies?
5. What is the leading preventable cause of mental retardation?

The answer to all five questions -  
**ALCOHOL**

Drinking alcohol during pregnancy can cause physical learning, behavioral problems, and mental retardation. This is Fetal Alcohol Syndrome or FAS.

FAS without physical characteristics is known as Fetal Alcohol Effect (FAE) or Alcohol-Related Neurodevelopmental Defects (ARND).

FAS and ARND cannot be cured –  
**BUT IT CAN BE PREVENTED.**

Don't drink when pregnant or nursing !

In 2008 The Arc of Bartholomew County is conducting a FAS Public Awareness Campaign throughout the community to educate persons about FAS/ARND. Funded in part by a grant from The Arc of the US, our chapter is reaching out to health professionals, the media, community groups and educators to make all aware that drinking just a small amount of alcohol can hurt a pregnant mother's child.

During the year we'll feature articles on FAS in this newsletter.

## Information for parents and caregivers of FAS and ARND children

Prepared by Patricia Tanner as published by the National Organization Fetal Alcohol Syndrome.

The following information can assist parents, caregivers, teachers about children with FAS as well as educate members of The Arc about the impact of FAS.

Keys to working successfully with FAS/FAE children are structure, consistency, variety, brevity and persistence. Because these children lack internal structure, caretakers need to provide external structure for them. It is important to be consistent in response and routine so that the child feels the world is predictable.

Because of serious problems maintaining attention, it is important to be brief in explanations and directions, but also to use a variety of ways to get and keep their attention. Finally, we must repeat what it is we want them to learn, over and over again.

Many FAS children:

- Have difficulty structuring work time.
- Show impaired rates of learning.
- Experience poor memory.
- Have trouble generalizing behaviors and information.
- Act impulsively.
- Exhibit reduced attention span or are distractible.
- Display fearlessness and are unresponsive to verbal cautions.
- Demonstrate poor social judgment.
- Cannot handle money age appropriately.
- Have trouble internalizing modeled behaviors.
- May have differences in sensory awareness (Hypo or Hyper).
- Language Production higher than comprehension.
- Show poor problem solving strategies.

## School is Not "Survivor"

*In May John Dickerson, The Arc of Indiana's Executive Director, wrote this article about a school incident. As we prepare to begin a new school year, the article is timely.*

Think back to your years in school. Imagine your teacher brings you in front of the class and lets everyone say everything bad about you that they can. Now imagine that the teacher tells your classmates to vote on whether you get to stay in class, or whether you will be kicked out. Imagine that your classmates vote overwhelmingly that you must leave, and you are sent to the nurse's office for the rest of the day.

Now imagine you are only five years old and in kindergarten, you have autism, and interacting with others is very difficult for you.

This could never happen in America today, right? Wrong. This is no figment of the imagination. It happened last week in Port St. Lucie, Florida.

The full story can be read on The Arc of Indiana's web site: [http://www.arcind.org/national\\_and\\_state\\_news.htm](http://www.arcind.org/national_and_state_news.htm)

School is not Survivor. There is no voting off the island because the group does not like you. This is public school, where students should be learning the importance of accepting differences in others, and learning how to get along with people from all walks of life – including those with disabilities.

Can there be any positive that comes from such a story? Perhaps. This is not about one child, one teacher, one classroom. It is about all of our kids. If this serves as a wake up call to parents, educators, and children that all need to work together to respect and support all kids, perhaps some good can come from such a sad story.

The Arc of Bartholomew County, Inc.  
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Lot's of Things  
happening...  
Check inside for  
Information about the Operation  
Vote Training, August 23  
and much more in the all  
new Newsletter.

### **Rock the Arc on September 20**

Celebrate the beginning of fall with The Arc at "Rock the Arc" at Mill Race Park from 1 – 6 pm. Three bands – James White & Dear Creek, The Resistance and Exiled Few – will take to the stage to provide a fun filled afternoon of music and family fun.

This festival, to celebrate the diversity of our community and increase awareness of disability, is a "free will" program (which means it doesn't cost anything but a donation is more than welcome and appreciated).

More information will be forthcoming but save the date – Saturday, September 20 at Mill Race Park.

Rain location will be the Crump.

### **Quacking with The Arc**

The Arc will again this year benefit from the Kiwanis Duck Race for Kids' Sake to be held Saturday, October 11. Up to 12,000 rubber ducks will be racing for cash and prizes with one lucky duck having a shot at \$1,000,000

Eighty per cent of each \$5 duck adoption (\$4) will be retained by The Arc while \$1 will be used by the Kiwanis Clubs of Columbus.

The Arc will use the funds generated from the duck race for the Ben Baker Memorial Scholarship.

Ducks may be "adopted" after August 20 from any board member or by contacting Michele Robb at 372-0610 or email [arc@uwbarthco.org](mailto:arc@uwbarthco.org). A lot of organizations are selling ducks, we hope you'll adopt at least one or more ducks for The Arc.

### **The Arc's Library has new name**

The Arc, in collaboration with its library partner Childhood Connections, has re-named the Library and resource center to now be known as *the Collaborative Resource Lending Library*.

Located in the United Way Center the liberty's purpose remains the same in serving Arc members, disability professionals, family members, self-advocates, and the community-at-large.

The Arc's Library Committee, chaired by Becky Morone, and Childhood Connections has been inventorying current resources, reviewing, and updating checkout policies and increasing awareness of this resource.

The library is available during normal business hours.

The Arc *insight*  
News in Bartholomew  
County

August 2008

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