



Rock the Arc on September 20

Come celebrate the beginning of fall with The Arc's "Rock the Arc Music Fest" at Mill Race Park from 1 – 6 pm on Saturday, September 20.

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).

The Arc is also raffling off an Electric Guitar and tickets are only \$ 1.

Family fun is planned, please join us for "Rock The Arc Music Fest" September 20. at Mill Race Park.

Rain location will be the Crump.

Our thanks to our sponsors, who include Cummins Tech Center, DSI, Stonebelt, Christole, Parent Solutions Group, Howard Baumgardner, Therapy Matters, The UPS Store, Premier Ag Co-Op, Gold Nugget Pawn Shop, Home Helpers and Indiana Farm Bureau Insurance.

Annual Meeting December 3

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

Included in this newsletter is the form to nominate individuals/groups for awards. Nominations must be submitted by October 24.

Coordinator's Corner

by Michele Robb

Recently, The Arc has complete two large projects that we wish to announce to the community.

First, I am proud to announce that *The Arc of Bartholomew County launched a new website on September 5.*

Our site, www.thearcbc.org, has been a project two years in the making. We agreed that in order to provide more resources and services to individuals in our community, we needed to expand our thinking. Evolving an organization that is over 50 years old is not an easy task. The membership and awareness committee began this journey with an idea of what should be on our site. Of course resources, but what else?

Over the past year, The Arc's vision of this site grew. A local website developer, John Dickey, volunteered his time to take our vision and create the beautiful site we now have. His unlimited patience has enabled us to hopefully reach more individuals in Bartholomew County. The Arc wishes to thank him for all of his dedication to this project. Please visit our site soon and let us know what you think!

Second, The Collaborative Resource Lending Library is now complete and ready to serve the community.

The Arc, in collaboration with Childhood Connections and First Steps South East, has a growing collection of books, videos, toys and equipment for use by parents and community members for children birth through 8 years. Part of the library contains an assistive technology section, with AT devices available for short term loan.

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The library is located at the Childhood Connections office in the United Way Center. Hours are 8am to 5pm Monday-Friday. For more information about items available at the library, call Childhood Connections at 375-2208.

STEP to focus on Transition 9/16

Maximum Work Potential is the program topic for the September 16 STEP Meeting being co-sponsored by the Bartholomew County Transition Council. Many people worry about how working will impact their benefits! STEP (Special Teens, Exceptional Parents);and the Bartholomew County Transition Council are offering an informational meeting for parents and students to learn how to maximize their employment outcomes & retain the benefits they need. The meeting will be at Columbus East HS, 6-7:30 pm.

School to work transition, Social Security benefits, work incentives, and Medicaid can be overwhelming! The information at this meeting will be presented in a conversational format with printed handouts that will serve as useful reference tools.

Presenters Sherri Fisher & Dan Mustard will discuss how you can take an active role in preparing your student for life as a working adult and learn how to maximize his/her income! You will learn how students with disabilities can maximize their potential to work and become wage earning adults. The information pertains to students of all ages, not just those who will soon be exiting school.

For more information or to register contact Peggy Myers at 376-4389 or myersp@bcsc.k12.in.us.

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 or call 372-0610.

Empowering Students with Disabilities can lead to Successful School to Work Transition by Dan Mustard

Director of Employment, Gateway Services/Johnson County ARC & past Board member, The Arc of Bartholomew County

Work can be stressful, work is often difficult, and work usually occupies the largest portion of our waking hours. Work also has a profound impact on our self esteem, our self worth, our financial and social status, and our sense of belonging to the community. Everyone has the right to work, and everyone deserves the opportunity to explore and to push the limits of their potential.

The transition from school to work is often difficult for students of all abilities. The fact that they are leaving a familiar environment and entering one that is unfamiliar can be overwhelming. Cognitive and/or physical challenges can add even more complexity to the situation. Many students with disabilities face the prospect of seeking employment with little or no work experience, and often have deficiencies in social skills. The good news is that students and the people who support them can build a solid foundation for future success by taking positive steps to prepare for entry into the workforce.

Employment training begins in childhood. It is critical that students with disabilities are given the same opportunities as their peers to learn, to succeed, and to fail. Employers are looking for dependable employees who have a solid work ethic, the desire to learn and to grow, and the ability to follow directions. Employers want employees who can

get along with their co-workers and who will maintain a positive attitude in any situation. These are qualities that are learned early in life, and can be modeled and taught by all of the people who are significant to the student, and should not be left solely to the professionals who have temporary influence. The following suggestions are presented as a menu of possibilities:

- **Create opportunities.** Paper routes, mowing lawns, and caring for pets are examples of early employment experiences for many children. Kids with disabilities can gain the same benefit from this type of activity. Consider supporting a child in a “first job,” even if it means doing some of the work while they master the skills necessary to succeed. Be sure to allow the child to make purchases as they earn, to reinforce the idea that work correlates to reward. Establish a list of household chores and provide an allowance for the successful completion of the tasks. Encourage and support the student to volunteer for special work projects at school, church, or civic organizations. These are extremely important for the development of appropriate workplace social skills and will help to establish a strong work ethic.
- **Education begins at home.** Many students with disabilities require repetition in order to master various concepts. While math skills may always be elusive, number recognition may very well be within reason, and could be all that is necessary on a job site. Likewise, recognition of letters and the ability to read simple words by shape may fall by the wayside when it becomes apparent that the student will most likely be a non-reader. However, these are skills that can be used to great advantage in a work environment, and should be encouraged and maintained. Colors, shapes, and directions are also critical work information. Stress the importance of safety in all situations, and if reasonable, encourage the student to take a basic first aid class.
- **On the move.** Transportation is quite possibly the single greatest barrier to successful employment for students with disabilities. Encourage students to participate in planning a trip. Take public transportation and allow them to “pay” for the trip. Allow them to do for themselves everything that they are capable of doing. Use the time en route to review personal safety and stranger awareness. By making the use of public transportation part of their regular routine, students will eliminate one of the major obstacles that they will encounter on the path to employment. The ability to travel independently is one of the greatest assets that a student can possess.
- **Expect success.** Establish reasonable expectations that are appropriate for the student’s level of ability, but will still be challenging and allow them to grow. Encourage the student to strive for excellence. Again, resist the temptation to do for the student those things that they are able to do for themselves. It can be hard to watch someone struggle with a task when you know that you can do it much more quickly. Don’t deprive someone of the chance to feel the sense of accomplishment that can only come from achievement in the face of adversity.
- **A picture is worth a thousand words...** Keep a visual record of any work related tasks in which the student participates. These images can be used to create a video or pictorial resume. Many students struggle with job interviews. Likewise, many employers are extremely uncomfortable when faced with a prospective employee who has communication challenges. If the employer is able to see a video or photo collection that shows the student performing job related tasks, it helps to break down the barrier. This will often allow the employer to see the individual as a capable person who has the ability to learn and to thrive in a work environment. The visual resume can be an invaluable tool to both the student and to the professionals who may be supporting them in their search for employment. (Thanks to Denise Sosbe for this point.)

5th Annual Transition Event October 24

“Wheel of Future: The 5th Annual Transition Event” is being held Friday, October 24, 2008 9:30 a.m. – 1:30 p.m at the Columbus Learning Center, 4555 Central Avenue. This inspiring and informative program is sponsored by the Bartholomew County Transition Council

While the event targets area high school students, “I am Tyler”, an Ability Awareness *Parent Session* with guest speaker Tyler Greene will be held from 11:05– 12:15. Peek into a real kid’s life where people just like you have realized what a kid CAN do is much more important than what he CAN’T...

Over 30 vendors will have information about community services. Staff from the Bureau of Developmental Disabilities Services (BDDS) will take applications for Medicaid Waiver services. The Waiver is the primary funding source for disability services for individuals of all ages. Please bring current IEP, most recent psych eval, social security card and contact information to complete application

Lunch is provided. There is no cost for the event but parents must register by calling/e-mailing: Faith Thomas, Transition Coordinator, Phone: 812-314-8574 or E-mail: thomasf@bcsc.k12.in.us

The Arc of Bartholomew County is co-sponsor of this event.

Support Groups fall meetings begin

The Columbus Area Down Syndrome Support group will hold a Family Social Event for its September 11 meeting to be held at First Christian Church in Columbus. For more information, contact Tom Milvert at 812-375-9594 or visit www.cadssg.org.

The Autism Support Group will meet at 6:30pm at Parkside Elementary School’s Harrison Room on Tuesday, September 16. Contact Nancy Conner at connern@bcsc.k12.in.us for more information.

FAS Events one of many as summer wraps up

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

An September 9 FAS program at the Bartholomew County Public Library during the noon hour provided information for social service organizations, medical professionals, and disability providers on FAS.

Local restaurants and bars were asked to participate with an awareness day effort on the 9th, displaying posters and distributing brochures.

Late summer saw a number of other events occurring. Parent Solutions held its first meeting of the fall on September 4 with Cathy Beard from IIDC speaking on Special Education. This year, Parent Solutions we will target specific age groups for their monthly meetings and during the school year may switch to different locations to help parents and staff understand the group a little better. They meet the first Thursday of the month. For more information call 371-3407.

The Arc had a booth at the Columbus East Senior Project Fair on Tuesday, August 19 and held its “Operation Vote” training on August 23. And in July there was Little Behr’s Run.

Another successful “Closing the Gap” program was held in August. Power Point presentations from some of the sessions are available at www.bcsc.k12.in.us and under “Departments” click on “Special Services” and then click on “Closing the Gap.”

Buddy Walk is September 27

The Columbus Area Down Syndrome Support Group’s 8th annual Buddy Walk will be held on September 27, 2008 at Donner Park Columbus, Indiana. Registration begins at 11 am and the Buddy Walk will start promptly at Noon. Food and entertainment will follow the walk.

Registration forms are online at www.cadssg.org.

What is FAS ?

FAS (Fetal Alcohol Syndrome) may occur if an unborn baby is exposed to alcohol because the mother drinks during pregnancy. The baby can be in danger anytime alcohol in the mother’s blood crosses through the placenta and enters the embryo or fetus through the umbilical cord.

FAS is a disorder characterized by abnormalities in both physical and mental development. FAS affects a child’s appearance by causing decreased growth prenatally and during early childhood. Children with FAS may be small for their age.

ARND stands for alcohol-related neurodevelopmental disorder. If a pregnant women drinks alcohol, but her child does not have the full symptoms of FAS, it is possible the baby was born with ARND and may have impairments that cause learning and behavioral problems.

Other terms often used are Fetal Alcohol Effects (FAE), Alcohol-Related Birth Defects (ARBD), Fetal Alcohol Spectrum Disorder and Fetal Alcohol Brain Damage.

Regardless of the terminology, alcohol can damage the child’s brain and this damage is irreversible. And it’s preventable.

FAS is diagnosed by 4 criteria – 1. Height &/or weight growth deficiency; 2. Specific differences in facial characteristics; 3. Some damage to the central nervous system; 4. before a diagnosis is made there should be an effort to find evidence that the birth mother consumed alcohol during pregnancy.

If a child does not exhibit all of the symptoms in each of the 4 categories, he/she may be evaluated for ARND. The absence of the facial features usually means a physician would not diagnose FAS but could diagnose ARND.

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 to make all aware that drinking just a small amount of alcohol can hurt a pregnant mother’s child.

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 13th St., Suite 1320, Columbus, IN 47201,
or e-mail: arc@uwbarthco.org

Qwackin 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" from any board member or by contacting Michele Robb at 372-0610 or email arc@uwbarthco.org.

A lot of organizations are selling ducks, we hope you'll adopt at least one or more ducks for The Arc.

Thanks to all for United Way support

The Arc of Bartholomew County is fortunate for the generous support of those who participate in the annual United Way Campaign and designate The Arc of Bartholomew County as a recipient of that support.

The Arc annually receives at least \$4,000 while last year the amount jumped to \$6,000. What's amazing is that donors must identify The Arc as the recipient because we are not a United Way member organization.

Thanks to everyone who supports the United Way and to all who continue to support The Arc of Bartholomew County.

County participating with The Arc of Tomorrow

Members of The Arc of Bartholomew County are participating with The Arc of Tomorrow, a project of The Arc of Indiana designed to examine future trends and position The Arc to meet the challenges of tomorrow.

The Arc of Indiana Annual Awards Program & Meeting

Peter Berns, the new Executive Director of The Arc of the US, will be the featured speaker at The Arc of Indiana's Appreciation Luncheon and Annual meeting on Wednesday, October 15.

The luncheon will at The Fountains Banquet & Conference Center, Carmel at noon. The Annual Meeting follows at 2:30 pm.

Members of The Arc are invited to visit www.arcind.org to learn more.

On the 16th Peter Berns will meet with representatives from Bartholomew County and other chapters that are participating in The Arc of Tomorrow initiative.

Operation Vote continues

The training program "Operation Vote" was held in August and its purpose was to encourage self-advocates and others interested in disability issues to register to voter learn and study about the issues and candidates' positions and vote on November 4. The voter registration deadline is October 6.

The AAPD Presidential Election Action Center may be a good resource to keep you updated with action alerts, candidate and campaign news, get-out-the-disability-vote initiatives, and all things related to the 2008 presidential election. www.aapd-dc.org/News/election/peac2008.php

And The Arc has been asked to provide materials for each voting location and assist in training election day workers.

Why is Intellectual Disability Funny?

by Michele Robb

Paramount Pictures' comedy "Tropic Thunder", released in Columbus on August 13, includes a character called "Simple Jack" played by the popular actor Ben Stiller. Simple

Jack has an intellectual disability and is an object of derision in the film. The movie contains frequent use of the word "retard" and other insulting terms used to describe this character.

The Arc of Bartholomew County is appalled and saddened by the lack of consideration this movie has towards individuals with disabilities. We are concerned at what this movie is promoting as funny and what effect to the disability community and its movement towards inclusion has on all of Bartholomew County.

Mocking people that we know have historically been oppressed (such as African Americans) or have some type of physical disability (such as persons with paraplegia) is, thankfully, generally not considered funny these days. For some reason, the same general enlightenment that spares these groups from ridicule has not been attained regarding people with intellectual disabilities. It's sad and unfortunate to see that the "R word" is still widely accepted in our homes, schoolyards, and movie theatres.

Why is that? Could it be that people are simply unaware of the fundamental disregard for the rights and well-being of people with intellectual disabilities in most parts of the world? Perhaps they have not read about children with disabilities in underdeveloped countries tied to their beds for years on end in filthy institutions. Or about the estimated 80% of girls and women in this country with intellectual disabilities who are sexually abused. Or about the thousands who are victims of hate crimes whose testimony (in the rare instances of reporting and prosecution) is dismissed because of their disability.

"Tropic Thunder" is a blockbuster cheap thrill at the expense of human beings who are the most isolated, victimized, and least able to defend themselves. Maybe if only more people knew, they would not find it funny.

The Arc of Bartholomew County, Inc.
1531 13th St., Suite 1320
Columbus, IN 47201

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Lot's of Things
happening...
Rock The Arc, Raffles for Ducks & Guitars
Upcoming events, and
Award Nomination Forms
And Check out The Arc's new website
www.thearcbc.org,

The Arc *insight*
News in Bartholomew
County

September 2008

Published 6 times per year

The Arc of Bartholomew County
1531 13th Street Suite 1320
Columbus, IN 47201

2008 Issue No3

Let's Get Qwackin'!

The Arc is selling Ducks for the Kiwanis Duck Race for Kids' Sake. The Duck race is on October 11th at Mill Race Park.

Tickets are
Singles \$5
Kwack Pack (6): \$20
Baker's Dozen (13): \$50
Flock (30): \$100



Call The Arc to adopt your ducks today!