

Save the Date

Inclusion Works Conference

February 7-9, 2013

The Arc of Texas 8001 Centre Park Dr, Ste. 100 Austin, Texas 78754

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The Arc Today December 2012/January 2013

Volume 11, Issue 9

"The Best in the West" **Was Another SUCCESS!**

Margo Pasko

On Saturday, November 17, 2012, the George Ranch Arena was the site of the 34th annual "Best In The West" fundraiser for The Arc of Fort Bend County, presented by Prosperity Bank. The historical setting and western simplicity of the 65,000 square foot arena was invigorated by the energy of The Arc supporters, the excellent music by The Triumphs, and the excitement of the live auctioneering by County Commissioner James Patterson.

Once again, "Head Wranglers" Commissioner James Patterson, Ann Smith and Jo Ann Stevens produced an amazing evening of outstanding live and silent cont'd on page 4



Beverly Cushenberry



The Arc Board Members; from left to right, Stewart Jacobson, Becky Geary, Larryn Lobue, and Larry Lobue.

OUR MISSION

The Arc of Fort Bend County ensures opportunities for people with intellectual and developmental disabilities to maximize their quality of life within our community.

The Arc of Fort Bend County Board of Directors 2011-2012

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Administrative Assistant

Ashleigh Jones

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Committee Assignments and Job Descriptions are available on our website

CORE VALUES

- 1. Awareness: greater awareness about individuals with disabilities increases understanding about the abilities of individuals with disabilities, and greater understanding increases opportunities for individuals with disabilities, so we work to achieve greater awareness to achieve greater understanding to expand opportunities.
- <u>Diversity:</u> we must serve all individuals with intellectual and related developmental disabilities and their families in this county.
- 3. <u>Respect:</u> we must be understanding of and sensitive to the concerns of individuals with disabilities about their identity and how we describe them.
- 4. Ownership: it is important to have community members serve on our committees and board, and support our association, but our association should remain an "individuals with disabilities and their families" organization.
- 5. Advocacy: with limited resources, if we become primarily or solely a provider organization, our association will never do more than make only a limited impact on the quality of life of a few individuals with disabilities.
- Cooperation: advocacy and programs that benefit individuals with intellectual disabilities and their families in many cases will also benefit individuals with other disabilities.
- 7. <u>Good Stewardship:</u> as an association, we must be fiduciaries of the talent and resources that our volunteers and community supporters entrust to us.

OUR GOALS

The Arc's goals were chosen to be directed toward Mission and Vision and build on our strength and success.

- The Arc shall advocate for appropriate individualized educational programs/ opportunities for people with I/DD in all stages of life.
- II. The Arc shall advocate for a variety of vocational/employment options for people with I/DD.
- III. The Arc shall advocate for public and private community institutions to become more responsive to the individual needs of people with I/DD, thereby promoting quality of life for all.
- IV. The Arc shall advocate for and promote a variety of appropriate and inclusive social, cultural and fitness/wellness opportunities in the community.
- V. The Arc shall continue to invest in properties that are self-sustaining and provide facilities for our constituents.
- VI. The Arc shall provide effective leadership and fundraising efforts to accomplish our mission.

To Send a Special Tribute

Pay tribute to a friend or family mem	☐ In Memory of or ☐ In Honor of aber while also supporting services and programs that benefit the Arc of your donation.	Fort Bend County with
Person's Name	Occasion	
Send acknowledgement to:		
Name		
Address	City, State, Zip	
	Please make checks navable to:	

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The Arc of Fort Bend County
123 Brooks Street, Sugar Land, Texas 77478

Group Homes

Margo Pasko

QUALITY OF LIFE FOR ALL is not just The Arc's tag line—it is the underlying ethic for The Arc's operating plan. One of the objectives of the operating plan is that The Arc will purchase and maintain homes within Fort Bend County and lease them at rates reflective of Board policy to qualified providers who will operate them as group and/or respite homes for our constituents monitoring the care and maintenance of each property to assure it is maintained to The Arc's and the neighborhood's standard. Currently, The Arc leases property (group homes and learning centers) to All The Little Things Count, St. Giles Living Centers, Texana Center and Unified Care Group.

So, what are the group homes like? Trevor Dow and Stevie Meyer were pleased to invite some of their Special Olympics and "TwentySomethings" friends and parents to stop by their home, "The Manor", for an open house on November 13. Their beautifully decorated group home is leased from The Arc and operated by All The Little Things Count, their HCS provider. They call it "The Manor" because it is on Manorfield Court in the Riverpark development. It was a fun evening as Stevie and Trevor gave tours of their home, played ping pong, and enjoyed pizza and cake with their guests. It felt like a reunion of people who have been their supporters their whole lives, from Trevor's first grade teacher, Gail Keene, and long time dear friend, Ellie, to Stevie's "entourage". Proud moms Joanne Meyer and Deborah Dow escorted the guests, showing off their home décor skills. Their HCS representative is Laura Galvin. She has worked with both Trevor and Stevie and their families for many years. It is a beautiful home, with good neighbors, in a great neighborhood: QUALITY OF LIFE FOR ALL.



Joanne Meyer, Laura Galvin, and Deborah Dow

The Arc Family Matters

Nicki Moynihan recently became an aunt - twice! Nicki's sister (Jaci Mersereau), who lives in Fort St. John, British Columbia, Canada with her husband Rhys, gave birth to Cooper Dean Mersereau and Gillian Nicole Mersereau on September 4, 2012 in Kamloops, British Columbia. Both the babies, Uncle Rhys and Aunt Nicki are doing very well.

The Best in the West 2012

auction items, legendary barbecue from Steve Onstead's The Swinging Door Restaurant and excellent music by The Triumphs, a Rosenberg-based band. There were partiers on the dance floor until The Triumphs played the last song of their last set.

Chris Breaux, of the accounting firm Whitley Penn, presented the list of the 24 phenomenal live auction items. Commissioner Patterson put his auctioneering skills to the test and enticed the crowd to bid on a variety of items from a King Ranch game hunt of the elusive nilgai antelope, to a once in a lifetime journey to a fabulous resort in Bali, complete with airfare stipend, restaurant recommendations and spending money.

The evening was underwritten by many generous sponsors. Prosperity Bank was the presenting sponsor for the evening, designated as World Champion. Sprint Waste Services was the Gold Buckle sponsor. At the Bronze Boots sponsorship level were Aviles Engineering and Sugar Land Rotary Club. Rhinestone Cowboy sponsors were Aliana, Classic Chevrolet, Jones & Carter, Van De Wiele & Vogler Incorporated and Wells Fargo. Silver Spurs sponsors were: ABHR, AECOM, Bud Light/Silver Eagle Distributors, County Judge Bob Hebert, Property Acquisition Services, Huitt-Zollars, Insight Medical Diagnostics/Dr. Mark Brown, JACOBS, Johnson Development, Linebarger Goggan Blair & Sampson, LLP, Parsons Brinckerhoff, PGAL, Property Acquision Services, Sanjay Ram – CP&Y, Greg & Deena Sargent, SUEBA USA.

The silent auction corral sponsors were: The Arc of Fort Bend County, Big Boys' Woodshed, "Buy Now", By Design, Fort Bend ISD, Home Depot, Law Enforcement, Lone Star Pet Lodges, Meyer/Paradigm Consultants, OakBend Medical Center, and RE/MAX Fine Properties.

Once again, the dedicated committee members met and planned for months, as evidenced by the awesome event. The smooth operation of the evening belied the hard work that went on behind the scenes on Friday and Saturday. As always, Mike Dobert headed up the work crew that set the scene for the entrance to the arena. The Cushenberry-Parkinson clan planned the silent auction corrals and assisted all of the sponsors. The Ortwerths set up the bid board and made it ready to go. The extended Patterson-Smith families provided anything and everything, including much of the heavy lifting. Just ask Justin about his battle scar! Check out the newsletter pictures of the work in progress. For additional coverage, log on to www.arcoffortbend.org.

The mission of The Arc is to ensure opportunities for people with intellectual and developmental disabilities to maximize their quality of life within our community. Proceeds from The Best in the West will be used for a wide variety of services and advocacy to provide quality of life for all. Funds will be used to maintain group homes and learning centers that The Arc leases to HCS providers; maintain townhomes leased to clients of The Arc; support the self-advocates group; provide social and recreational activities for over 130 clients such as the annual holiday formal, monthly dances, weekly bowling league and other awesome outings. The proceeds will also support The Arc's legislative and educational advocacy programs, the youth group programs, the Special Olympics program covering 7 different sports with more than 130 athletes, the Employment Services program, and the TwentySomethings transitional group.

THANK YOU to all who came out and made this such a successful night. We hope you had as much fun as we did! Please mark your calendars to save the date for Saturday, November 23, 2013!

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Rick Cushenberry & Jo Ann Stevens



Ann Smith & Brittany Bathe



"Generations" volunteers



Home Depot Corral volunteers



Mike Dobert & Crew



The Patterson Extended Family

Fall Classic 2012

Margo Pasko



On Thursday, October 20, 2011, The Arc Special Olympics delegation hit the road to compete at the annual Fall Classic Statewide Games in College Station. Softball and bocce athletes were ready to show their skills! The participating athletes had 3 months of training in their sports, developing physical fitness, demonstrating courage, experiencing joy and participating in the sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community. More than 60 people were in the delegation that attended Fall Classic. A big thank you is extended to all of The Arc financial supporters who made the trip possible and to the volunteers who did everything from running practices to chaperoning athletes in their rooms, serving dinner, administering medications, hauling equipment, supervising athletes everywhere they went.

Softball was led by Coaches Larry Lobue, the Angels coach, and Sharon Williams, the Wolverines coach, both teams assisted by Debbie Eddlemon and newcomers Jackie and Gaylon Butler. At the end, the Angels took the silver medal. The Wolverines won bronze. Congratulations to both teams!

The Angels players were: Brian Bowman, Cesar Castro, Michael Cushenberry, Ryan Darnell, Kyle Eddlemon, Alberto Gonzales, Kenneth Hordge, Keith Jensen, Derek Schottle, Bridget Stephney and Timmy Trachier.

The Wolverines players were: Kimberly Butler, Davis Caruthers, Corey Cobb, Tyrone Frederick, Mike Garcia, Blaine Hylton, Andrew Kase, Aaron Lindsey, Jason Lungstrum, Mike Marshall, Mainak Pandya, and Ty Williams.

Larry and Debbie especially thank Sharon Williams, Gary Schottle, Bobby Caruthers, Hal Marshall, Chuck Atwood, Desi Marshall, Gaylon and Jackie Butler, Elizabeth and Raoul Martinez, Frank Jensen, Mary Stephney Quinby, Alice and Benito Gonzales and Diane Grayum for all their help ranging from extra coaching help, to dinner line coordinators and servers for the entire delegation at Rudy's Barbecue, being room and vehicle chaperones, etc. Larry said: "We had a great time even with the terrible weather!"

The weather was miserable for the first time in several years: cold, windy, rainy. Opening ceremonies were even cancelled due to the poor weather. Bocce games were postponed for an hour due to the pouring rain, while athletes huddled under the tent in ponchos.

Even with the bad weather, the 12 athletes of the bocce doubles teams had great fun and success! The bocce athletes, by team, were: Courtney Allen and Katie Nelson, Chanta Burton and Carrie Wantuch, Jennifer Daniels and Anna Kroboth, Tom Martin and Allan Harris, Russell Smith and Tony Presson, and Stevie Meyer and Rudy Vasquez.

The coaching staff was led by head coach Robert Pourciau. The other certified coaches were: Janet Pourciau, Janet Wantuch, Kelly Wheeler, Jeff Hoffman and Margo Pasko. The coaches thank all the parents for their help throughout the season: filling in for coaches who were out of town, running the scrimmage day with the Katy Wolfpack, driving the athletes to Fall Classic, supervising in the hotel, at meals and during the competition. Although Fall Classic weather was miserable, they want to do it again next year!

The bocce team's trip was made possible by the generous financial support from Chevron which financially matches the dedicated volunteerism of Robert Pourciau and Kelly Wheeler, Maya Nelson and friends, and Wes Payton from the W.W. Payton Corporation.



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Volleyball Area Tournament

Margo Pasko



The Arc of Fort Bend County's three volleyball teams and athletes demonstrating individual skills competed in the Gulf Coast Area volleyball tournament on Saturday, November 10, 2012 in Texas City, a new competition venue. Debbie Eddlemon's Sharks brought home bronze medal as did Marilee Terrazas's Doves. Sharon Williams' Angels and Jami Huffman's individual skills athletes brought home gold medals.

Head of delegation, Debbie Eddlemon, said that the coaches did a great job during the practice season and at the tournament. The Arc delegation appreciates the commitment of theses coaches who work so hard to make Special Olympics a positive experience for the athletes.

Members of Coach Sharon's Angels were: Mike Cushenberry, Ryan Darnell, Kyle Eddlemon, Tyrone Frederick, Mike Garcia, Zach Johnson, Tony Presson, Bridget Stephney and Ty Williams.

Marilee Terrazas's Doves were: Roberto Avila, Clarence Baldwin, Corey Cobb, Scott Johnson, Andrew Kase, Aaron Lindsey, Stevie Meyer, Mainak Pandya, Russell Smith and Rachel Terrazas.

Debbie Eddlemon's Sharks were: Trevor Dyer, Vincent Eubanks, Margie Evans, Johnny Gibson, Whitney McLaren, Rudy Vasquez, Jacquie Russell and Carrie Wantuch.

The individual skills athletes were led by Jami Huffman. These athletes also brought home gold medals: Trevor Dow, Kathleen Geary, Eddie Fisher and Kristen Fisher.

The Arc's own Larry Lobue assisted Special Olympics as overall tournament director.

Congratulations to the athletes and thank you to the coaches, chaperones, other volunteers and financial supporters of The Arc of Fort Bend County who made it possible for the athletes to participate!







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The Olive Garden Job Shadowing



On November 6, three members of The Arc participated in a unique career exploration experience thanks to the outreach of Jane Anderson of The Olive Garden Restaurants. Ms. Anderson contacted The Arc and offered to provide a mentoring opportunity, showing how the restaurant operates both "in the front of the house and in the back of the house", as they say on The Food Network.

Members of The Arc Sara Clayton, Portia Cooper and Grant Wheatley were given hands on experience as they worked alongside Olive Garden staff members Jeannette, Jolene and corporate trainer Janet. They were given training on safety and sanitation procedures, as well as individual food/drink preparation practices.

Grant and Sara worked with Jeannette in the kitchen prepping desserts for takeout and in house, and portioning and setting up salads for takeout and for the "lunch rush" and filling the salt shakers. Portia worked with Jolene at the bar learning how to make some of the fancy cappuccino drinks and signature lemonade. It was a wonderful opportunity to show their skills and to see if their skill set matches the employer's needs.





After a morning of job shadowing, Sara, Grant, Portia, Alvin Cooper (Portia's father) and The Arc employment specialist Margo Pasko were all treated to a delicious meal, thanks to the generosity of The Olive Garden.

Ms Anderson later commented: it's hard to tell who had a better time, but I believe we did. It was our pleasure and privilege to be a part of your wonderful organization and we look forward to working with you again.



The Arc4Arts Program

Margo Pasko

The Arc of Fort Bend County is pleased to announce that it is the recipient of a \$1,000 grant from the EZCORP Foundation for a new project, "The Arc4Arts". Artistic volunteers from the community provide arts and crafts classes in a socially inclusive environment for youth and young adults with intellectual and developmental disabilities.

The Arc of Fort Bend County is a non-profit organization founded in 1961 by a group of concerned parents, friends, and professionals who wanted to positively affect the lives of children diagnosed with mental retardation and provide a base of support for their families. As those children aged, and the needs increased, the organization's mission broadened to include those with developmental disabilities, including autism, as well.

The EZCORP Foundation focuses on helping children and their families in the communities in which they do business. The Arc is grateful for their support!



Lynne Mandiola, Cheryl Sewell and Margo Pasko

Message from.... Brazos Bend Guardianship

Our next Guardianship Information Session is scheduled for Tuesday, January 15, 2013 from 6:30pm-8:30pm at the First Colony Library in their Meeting Room located at 2121 Austin Parkway, Sugar Land,Tx. If you or someone you know is considering obtaining legal guardianship of an incapacitated adult or a child that will soon be an adult, please attend this session. The session will cover what guardianship is, why it might be necessary to attain, what a guardians responsibilities are and alternatives to guardianship. An attorney will be present to answer any legal questions you might have. You are encouraged to make a reservation for this session and this can be done via our website www.brazosbendguardianship.org or by contacting Brazos Bend Guardianship Services at 281-207-2320.

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Inclusion and Suspensions: Where Does Your School Rank?

Cheryl Sewell



Sarah Beebe is a staff attorney with Disability Rights Texas in Houston, Texas. Disability Rights Texas (DRTX, formerly Advocacy, Inc.) is a non-profit organization specializing in disability rights. Sarah is also a member of the Protection and Advocacy (P&A) network that was created by Congress in 1975. As an attorney with DRTX, Sarah focuses exclusively on special education issues. She provides counsel and advice, as well as direct representation to students with disabilities who attend schools in Harris and surrounding counties. Sarah also provides trainings to parents, advocates, and attorneys in the community.

Sarah was a guest speaker for The Arc of Fort Bend County's parent support group in October. Her topic was how students with disabilities may be included in general education classes or

excluded and segregated in self-contained classrooms. Self-contained classes include Life Skills classes or autism-specialty classes. She reviewed both the social and educational issues associated with non-inclusion. She said that most schools try to provide at least one general education class to students assigned to self-contained classrooms. She also discussed the many school districts that disproportionately suspend students who have disabilities. She reviewed the legal consequences of suspensions, how suspensions impact the Individuals with Disabilities Education and Improvement Act, Free Appropriate Public Education (FAPE) and Least Restrictive Environment (LRE).

For additional information regarding Disability Rights Texas' programs and services, visit www.disabilityrightstx.org

Thank You to Our Donors!

General

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SF Ventures
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Programs

EZCORP Foundation for the Art Program
Debbie Eddlemon for Special Olympics
Mr. & Mrs. McCauley for Social Recreation
New Hope Lutheran Church for Special Olympics

A Rootin'- Tootin' Good Time!

Cheryl Sewell

The Fort Bend County Rodeo Association organized their first "Exceptional Rodeo" event this year and Barbara Magana Robertson with Magana Media asked The Arc of Fort Bend to rustle up some young cowpokes to partake in the festivities. We were mighty glad to oblige! Just look at the grins on those faces as the young'uns learned to rope a few steers, ride the barrels and race on ol' Paint to win the pole riding competition! I wonder how many stayed on that bucking bronco for 8 seconds? Everybody had a wonderful time.

A big Texas thank you to Barbara Magana Robertson for contacting us and providing this great opportunity. Darned if we didn't have the best time ever!



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December 2012

Sı	unday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
							Ice Skating/ Pizza/Arts SR - Bay City Dance
	2	3	4	5	The Arc Support Group	7	8 Bowling
	9	10	11	12	13	14	Bowling
	16	The Arc Board Meeting	18	19	20	21	Bowling
	23	24	25	26	27	28	29
	30	The Arc Office Closed 31 The Arc Office Closed	The Arc Office Closed	The Arc Office Closed	The Arc Office Closed	The Arc Office Closed	Bowling
1	Ice Skat	ting/Pizza/Arts		9:45-2:00 pi	m	S/L Ice	Center RSVP!
	SR – Ba	y City Dance		TBA		VFW - B	ay City
6		Support Grou	p	9:30 – 11:30) am	TBD	
8 Bowling		2:45 p.m. –	5:00 p.m.		Stafford Lanes		
10 The Arc Board Meeting		6:00 p.m. The Arc Office 2:45 p.m. – 5:00 p.m. Stafford Lanes					
13 17	15 Bowling17 The Arc Board Meeting		-	5:00 p.m.	Stafford Lanes		
22	Bowling		9	6:00p.m. The Arc office 2:45 p.m. – 5:00 p.m. Stafford Lanes			
24	•	Office Closed		8:00 a.m. –	•	Stanora	Laries
25		Office Closed		8:00 a.m. –	•		
26	The Arc	Office Closed		8:00 a.m. –	•		
27	The Arc	Office Closed		8:00 a.m. –	4:30 p.m.		
28		Office Closed		8:00 a.m. –	•		
29	Bowling	•		2:45 p.m. –	•	Stafford	Lanes
31	The Arc	Office Closed		8:00 a.m. –	4:30 p.m.		

January 2013

5 ng
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12
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19
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26
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1 The Arc office clos	sed
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3	The Arc Support Group	9:30 – 11:30 am	TBD
5	Bowling	2:45 p.m. – 5:00 p.m.	Stafford Lanes
12	Bowling	2:45 p.m. – 5:00 p.m.	Stafford Lanes
	SR –Houston Aeros Hockey	7:30 p.m.	The Toyota Center
19	Bowling	2:45 p.m. – 5:00 p.m.	Stafford Lanes
26	Bowling	2:45 p.m. – 5:00 p.m.	Stafford Lanes
	SR – Harlem Globetrotters	2:00 p.m.	Reliant Arena
28	The Arc Board Meeting	6:00p.m.	The Arc office

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ATP Exhibition

Margo Pasko

On November 13, 2012, Fort Bend Independent School District Director of Special Education, Dr. Alice Ledford, Assistant Director of Special Education for Fort Bend ISD, cut the ribbon for the opening of Dulles High School Adult Transition Program Annual Exhibition. The grand opening was in honor of a new exhibit of art and products made by students in the Dulles High School Adult Transition Program (ATP). Dulles Principal Mark Foust, with the other AP's, joined teachers, and families of ATP students who turned out in support of the efforts of the Adult Transition Program students.

Veteran ATP teacher Hyacinth Pickersgill was the mistress of ceremonies and event planner for the Exhibition. Paraeducators Roberta Boudreaux and Joseph LaBarbera assisted with the project. Dulles librarian Sherrie Hickl graciously assisted Mrs. Pickersgill in staging the beautiful displays. The expo featured handmade jewelry, fleece scarves, and tie blankets, i.d. lanyards, bath soaps and scrubs, and many more items all made by the students in the Adult Transition Program.

Each ATP student gave a speech about his or her work. Anthony was the master of ceremonies and did a phenomenal job of leading the program. The students then sang a song with their PALS partners

Proceeds, minus costs, will be donated to The TwentySomethings group of The Arc of Fort Bend County. The TwentySomethings group provides social and family networking activities for students with disabilities after graduation from High School. The purpose of TwentySomethings is to welcome young adults with intellectual disabilities and their families as they transition from lives as students to lives as adults in the community. The Arc is grateful for the support of the Dulles Adult Transition Program students and looks forward to seeing them participate in The Arc activities.





The Arc of Fort Bend County ensures opportunities for people with intellectual and developmental disabilities to maximize their quality of life within our community.

Membership Form Date: _____

Please indicate	o New Member	o Renewing M	1ember	
Member Name:				
Address:				
City/State/Zip:				
Home Phone: (_) Cel	l Phone: () _		-
E-mail Address:		HCS Pi	rovider:	
l am a: o FamilyMember o	Person with Disability	o Interested Citizen	o Profession	nal who works in the Disability Field
Indicate the age of p	erson with a disability:	: 0-12 13-22	23-54	55+
Membershij	c Levels:			
	n Disability not living at home and not included in at meetings of the membership	a family membership		\$20.00
Single	at meetings of the membership			\$25.00
Single Lifetime				\$500.00
-includes all immed -includes a family n	mily members: liate members of the family living in the nember with a disability living outside at meetings of the membership			\$50.00 -
Corporate -receives one vote	at meetings of the membership			\$100.00
Corporate Life	etime e at meetings of the membership			\$2000.00
	airs of Best in the West and Golf Class ad Coaches of Special Olympic Sport			
	ax Deductible Donation:		\$	
If you wish, you may O Bowling	donate to a specific program: O Education/Employe	ment	o Self-Advocacy	
O Social Recreation	on O Special Olympics		o Transportation	
Total Amount	t Enclosed:		\$	
Mail form and payment to: The Arc of Fort Bend County 123 Brooks Street	OR Join online at wv	ww.arcoffortbend.org		
Sugar Land, Texas 77478	The Aro of Fort Pon	nd County is a non-profit!	501(c)(3) organiz	ation
	THE AIGUI FUIL BEI	ia county is a non-profit (or (c)(o) organiza	auon.

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Achieve with us.

Add us as your friend and keep in touch with all events at The Arc! facebook.com/arcoffortbend





Buddy Basketball - The Third Year



First Colony Youth Basketball Association is happy to announce the 3rd year of "Buddy Ball". Buddy Ball is a basketball activity designed for boys and girls between 5 and 18 years of age with intellectual &/or physical disabilities. Registration is now open for athletes and buddies. Play starts on January 12 and continues through February 23rd. All play is on Saturday mornings at various FBISD school gyms. There is no cost to participate, but donations to defray the expense are greatly appreciated. To register as an athlete or buddy please go to: https://www.signmeup.com/site/reg/register.aspx?fid=DM2VGJ7