



The Arc Today

Spring 2015
Volume 14, Issue 2

Save the Date

Athletic Banquet
June 14, 2015
Safari Texas

Golf Classic 2015
June 22, 2015
Weston Lakes Country Club

**Annual Meeting/
Awards Dinner**
June 29, 2015
Safari Texas

**Special Needs
Conference
& Resource Fair**
September 26, 2015
Dulles High School

Best in the West
November 21, 2015
George Ranch Arena

April is Autism Acceptance Month

Best Practices in the Transition from High School To Adult for Individuals with ASD and other Developmental Disorders

What is transition planning?

Transition planning is defined in The Individuals With Disabilities Education Act (IDEA) (2004) as "a coordinated set of activities for a student with a disability that:

- "Is designed to be within a results-oriented process, that is focused on improving the academic and functional achievement of the child with a disability to facilitate the child's movement from school to post-school activities, including postsecondary education, vocational education, integrated employment (including supported employment), continuing and adult education, adult services, independent living, or community participation;
- Is based on the individual child's needs, taking into account the child's strengths, preferences, and interests; and includes—
 - Instruction;
 - Related services;
 - Community experiences;
 - The development of employment and other post-school adult living objectives; and
 - If appropriate, acquisition of daily living skills and provision of a functional vocational evaluation.
 - Transition services for children with disabilities may be special education, if provided as specially designed instruction, or a related service, if required to assist a child with a disability to benefit from special education."

School districts are required by IDEA to include transition planning in the Individual Education Plans (IEPs) of students with disabilities by the time they are 16 (some states require transition planning to begin earlier).


To learn about:

- Who participates in transition plans?
- Why is transition planning important?
- What are some best practices in transition planning?
- Where can I find more information about transition

Please visit:

<http://autismnow.org/articles/best-practices-in-the-transition-from-high-school-to-adult-for-individuals-with-asd-and-other-developmental-disorders/>

Donate your vehicle today!
tax deduction and free towing

 **(877) ARC-CARO**
(877) 272-2270

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 2014-2015**

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Margo Pasko

Director of Adult Programs

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Cheryl Olivier

Account Manager

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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.
2. Diversity: we must serve all individuals with intellectual and related developmental disabilities and their families in this county.
3. Respect: 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.
6. Cooperation: advocacy and programs that benefit individuals with intellectual disabilities and their families in many cases will also benefit individuals with other disabilities.
7. Good Stewardship: 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.

- I. 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

In Memory of or In Honor of

Pay tribute to a friend or family member while also supporting services and programs that benefit the Arc of Fort Bend County with your donation.

Person's Name

Occasion

Send acknowledgement to:

Name

Address

City, State, Zip

Please make checks payable to:
The Arc of Fort Bend County
123 Brooks Street, Sugar Land, Texas 77478

Wings for All® Program Landed in Houston



On April 28, The Arc hosted a Wings for All® event at Houston’s George Bush Intercontinental Airport (IAH). This event was held in partnership with IAH, United Airlines, the Transportation Security Administration (TSA), The Arc of Fort Bend County, The Arc of Greater Houston and The Arc of Texas. Wings for All®, one of The Arc’s newest national initiatives, is an airport “rehearsal” specially designed for individuals with intellectual and developmental disabilities, their families, and aviation professionals. The program began as Wings for Autism®, and was originally developed by the Charles River Center, a local chapter of The Arc in Massachusetts and the Massachusetts Port Authority. Since that time, the event has expanded to include all individuals with intellectual and developmental disabilities and is now known as Wings for All®.

Wings for All® is designed to alleviate some of the stress that people with disabilities and their families experience when traveling by air. The program provides families with the opportunity to participate in the entire airport experience by practicing entering the airport, obtaining boarding passes, going through security, and boarding an airplane. Wings for All® also gives airport, airline, TSA professionals and other personnel the opportunity to observe, interact and deliver their services in a structured learning environment. In the last year, over 400 families from all over the country have taken part in this event.

Approximately 70 families and 25 volunteers from the Houston area joined us at IAH on April 28. Upon arrival, event attendees checked in to receive their boarding pass, went through security, and were greeted at the gate prior to boarding the plane. Aviation professionals worked with families and volunteers to learn more about people with intellectual and developmental disabilities. Participants and airline staff will be able to share stories, information, ideas, and best practices for creating an inclusive and safe airport experience for all. The event began with informational sessions for participants and professionals and culminated with a celebratory reception.

“We are delighted to join this partnership to bring “Wings for All” to Houston, TX. Hopefully, the opportunity to actually practice maneuvering through the airport and boarding an airplane will enable children and adults with I/DD to travel by air with their families. IAH, TSA and UA staffs have all welcomed this program with open arms and they were excited about the opportunity to learn more about how to serve everyone who wants to travel by air”
Laura LaVigne, Executive Director, The Arc of Fort Bend County.



AmazonSmile is a simple and automatic way for you to support The Arc of Fort Bend every time you shop, at no cost to you. When you shop at smile.amazon.com, you’ll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to The Arc.

On your first visit to [AmazonSmile](https://smile.amazon.com), select The Arc of Fort Bend County to receive donations from eligible purchases **before you shop**. [AmazonSmile](https://smile.amazon.com) will remember your selection each time you shop.

AmazonSmile - You Shop, Amazon Gives

The Arc Family Matters

Celebrations:

Amanda Pourciau, daughter of Janet and Robert Pourciau, married Dennis McMorrow on February 28, 2015 at the St. Louis Cathedral in New Orleans, La.

Justin Bell, son of Melisa & Terry Bell and grandson of Mary Jo & James Patterson, married Maritza Garcia on March 20, 2015.

Marla Brynn Smith, niece of Special Olympics athlete, Meredith Webb and granddaughter of Special Olympics coaches Jenny Webb and Reed Beck, was born on April 21, 2015.

Thoughts and Prayers:

Kathryn Elizabeth Moody, wife of Bob Moody, passed away April 1, 2015. Kathy supported The Arc of Fort Bend for many years through hours of volunteering and donation.

Daniel Turner Wessels, grandson of Milton and Marian Wright, passed away on April 4, 2015

Betty "Osmore" Sullivan, grandmother of Special Olympics athlete, Derek Schottle and mother-in-law of Special Olympics coach Gary Schottle, passed away on April 7, 2015.

Special Olympics Texas "Polar Plunge"

Margo Pasko

Although they looked "Frozen", it was a gorgeous day as The Arc's McLaren Family participated in the Special Olympics Area 22 Polar Plunge at Galveston's Stewart Beach on January 17, 2015.

More than 300 people dressed in costumes ran into the Gulf of Mexico in support of more than 1,900 Special Olympics of Texas athletes. This was the largest Polar Plunge in the State of Texas Gulf Coast.

Athlete Whitney McLaren participates in The Arc's bocce, volleyball, basketball, soccer and track teams. Her dad, Charles McLaren coaches track with our delegation and regularly is a driver and chaperone for our out of town competitions. Way to go, McLaren's!





The Arc's Annual Meeting and Awards Dinner Monday, June 29, 2015

Do you know someone who has done an outstanding job in supporting the mission of The Arc?

Review the "Nomination Categories" and nominate that person/s for one of our awards.

It's a great way to say "Thank you" to a hard-working volunteer / business / donor.



Brazos Bend Guardianship Services hosts the next **Guardianship Information Session**

Date: Monday, May 11, 2015
Time: 6:30pm-8:30pm
Where: University Library at 14010 University Blvd. on the U of H Sugar Land Campus
Room: Meeting Room 2
RSVP: [www. Brazosbendguardianship.org](http://www.Brazosbendguardianship.org) or kmonroe@brazosbendguardianship.org
or call 281-232-7701



WESTON LAKES COUNTRY CLUB

MONDAY, JUNE 22, 2015

10:30 AM – REGISTRATION

11:30 AM – BOX LUNCH & SHOTGUN START

5:00 PM – AUCTION, AWARDS & DINNER

SINGLE - \$300

FOURSOME - \$1200

SPONSORSHIP - \$1500 - \$2000

REGISTER ONLINE: www.arcoffortbend.org "GOLF CLASSIC"

TITLE CO-SPONSORS:



Study about **Siblings** of Individuals with Disabilities



This online survey will take no more than 30 minutes to complete. The survey asks about the experiences of siblings of individuals with disabilities. By taking this survey, you can help the research team learn more about what supports siblings of people with disabilities need.

You are eligible to take this survey if you are over age 18 and you are:

- A sibling of a person with a disability
- A person with a disability
- A parent of a person with a disability
- A professional who works with people with disabilities

To take this survey, go to

<http://bit.ly/SiblingSurvey>

If you have any questions about the survey, please contact Meghan Burke at
meghanbm@illinois.edu or 217-300-1226

Sibling Survey Recruitment Flyer v.1 (11/3/14)

Special Olympics Area Basketball Tournament News

Margo Pasko

On Saturday, March 7, The Arc fielded six (!) basketball teams and 1 player demonstrating individual skills at the Area 22 Special Olympics basketball tournament in Alvin. This is 2 more teams than last year! We had a total of 57 athletes this year, compared to 43 last year. To top it off, one of the six teams was a unified team, our first unified basketball team ever!

Don Duyka worked with Trevor, helping him polish his individual skills. Don reported, "Trevor won a gold medal in individual skills. He did a great job!" Thank you, Don, for your dedication and congratulations to Trevor!

Coaches Jackie and Gaylon Butler, reported that their team, The Sharks, won the gold. Shark players were: Matthew, Kenneth, Rafael, Nathan, Russell, Wayne, Kimberly, Whitney, Carrie and Nicole. Way to go, Sharks!

Cathy Zepeda led a team with a new name, The Hawks. Her players were: Ashley, Nicki, Nicholas, Lucas, Jhonatan, Tyler, Rudy, Donovan, and Marques. They brought home bronze medals. Yay, Hawks!

The Wolverines were coached by returning coach, Hal Marshall and his son Matt. Their players were: Davis, Desney, Darryl, Chris, Chance, Aaron, Jason, Mike, Stevie, Michael, and Jimmy. Coach Hal said, "The Wolverines brought home the Silver Medal in the Area Tournament in Alvin on Saturday, March 7. The Wolverines won three games and lost only one, that loss being a hard-fought battle with the ultimate Gold Medal winning team, the Clear Creek Challengers." Hal went on to say, "The Wolverines were led by their strong, play-making guard, Chris De La Paz, and we had great performances by our veterans Davis Carruthers, Aaron Lindsay, Stevie Meyer, Mike Marshall, Daryl Childs, Chance Geary, Desney Cheeks and Jason Lungstrum. New-comers to The Wolverines were Jimmy Griffin, as well as new, Big Man, Michael Pelz. In one game we scored back-to-back three-pointers - - credit goes to Stevie and Chance on the long bombs! The Athletes had a great time and only wished there could be more tournament games! Thanks to all friends and family members who joined us at the tournament to cheer our team on."

The Doves were coached at the tournament by Debbie Eddlemon. Doves players were: Larryn, SanJuanita, Mainak, Justin (JT), Tony, Ty, Darius, Geraldo, and Andrew. They brought home 4th place ribbons. Great effort!

The Angels were coached at the tournament by Gary Schottle. Their players were: Mike C, Michael K, Albert, Tyrone, JJ, Bridget, and Blaine. The Angels took home bronze medals. Well done!

Finally, we had another gold medal winning team- our unified team, coached by Larry Lobue. The unified players were: Gary Schottle, Traci Duez, Steven Thompson, Matt Marshall, Derek Schottle, Kyle Eddlemon, Ryan Darnell, Tim Caldwell and Mohammed Earls.

The Arc appreciates the time and commitment that the coaches gave to make the basketball season possible for our athletes. There were a number of volunteers who assisted with the practices and the athletes and coaches sincerely appreciate your help!

Special Olympics Area Basketball Tournament Pictures



Special Olympics Track and Field Team Participate in LCISD Invitational Track Meet

Margo Pasko

Dodging thunderstorms, The Arc's 37 member Special Olympics track and field team participated in the 34th annual Lamar Consolidated Independent School District Invitational Track Meet on Saturday, April 11, at Guy Traylor Stadium in Rosenberg. This track meet is an exciting tradition for LCISD, involving hundreds of school district staff and student volunteers who come together to make it a memorable experience for Special Olympics track athletes across the gulf coast area. Our group was led by Cathy Zepeda, her coaching staff and volunteers including Don Duyka, Jackie and Gaylon Butler, Gary Schottle, Charles McLaren, Debbie Patton, Reed Beck, Jenny Webb and Wendy Chong. Head of Delegation, Larry Lobue, was there and assisted where needed. The Arc sends a big "shout out" to Cathy and her crew, as well as big congratulations to all the athletes! Due to print deadline, no race results are available for this issue, but check out the photos online.



Special Olympics 2015 Winter Games News

Margo Pasko

It was a clear day when The Arc's four volleyball teams and 3 bowlers went on a road trip and competed in the 22nd Annual Special Olympics Texas Winter Games in Round Rock, February 5-8, 2015. According to Special Olympics Texas, 2500 athletes from across Texas joined in the fun, competing in volleyball, bowling and powerlifting. They were accompanied by 250 coaches, 500 family members and more than 2000 other volunteers.

Unified partner Steve Lungstrum competed in unified doubles bowling with his son Jason. They brought home bronze medals this year. Steve has had an extra year to recover from shoulder surgery, which explains their improved standing this year. Allan Harris also had a great Winter Games outing, bringing home a silver medal. Good job, bowlers!

The four volleyball teams were warmly greeted at The Hampton Inn Round Rock after Larry Lobue told guest services manager Bryce Wellman the purpose of their stay. Bryce immediately went to a nearby party supply store and bought miniature trophies for each athlete. He then welcomed the whole group with complimentary juice and trays of cookies. The Arc participants said the hotel was great in all respects.

They played their volleyball games, went to opening ceremonies and the victory dance, hung out at athlete village where they made new friends, and dined together at Whataburger, Salt Lick and Mesa Rosa. They had subway sandwiches during the competition and feasted on pizza at the hotel. In the tradition of Winter Games, each participant was given a gift from Special Olympics volunteers - handmade, knitted scarves! This year's fashion colors were green and blue. Our very own athlete Michael Pelz was honored to lead the athlete oath during opening ceremonies. The women chaperones continued a tradition started during bocce's trip to Fall Classic 2014 - a nail polishing party in the hotel with the women athletes while the coaches were at the coaches meeting. The nail colors this time around were hot pink and silver. Jimmy Jimenez put his precision engineering skills to work with individual nail lettering and volleyball drawings. Jackie Butler also contributed to the glamour - she made volleyball pony tail bows and headbands for the women athletes. Check out all the pictures!

Jackie Butler's Sharks brought home the 4th place ribbon in their division. Hal Marshall's Wolverines received silver medals. Sharon Williams' Doves won gold medals. Debbie Eddlemon's Angels won silver medals. Assistant coaches were Gaylon Butler, Mary Baker, Marilee Terrazas and Gary Schottle. Thank you to all the volunteers and donors who made this trip possible! And, congratulations to the athletes!

Be sure to view the photos online at <http://www.arcoffortbend.org/Programs/SpecialOlympics.aspx>



Special Olympics Soccer News

Margo Pasko



Our first Special Olympics soccer team will compete in The Greater Houston Area Spring Games, which includes Track, Field and Soccer. It will be held on Saturday, May 9, 2015 at Humble ISD Turner Stadium, 1700 Wilson Road, Humble, TX 77338

Opening Ceremonies begins at 9:00 a.m. Competition begins at 10:30 a.m. and concludes by 5:00 p.m. Come out and support our athletes!

Dear Members and Friends of The Arc,

As you are planning and shopping for meals, I hope you will consider linking The Arc of Fort Bend County to your Randall's "Remarkable Card". If you do, every time you shop, 1% of your purchase total will be donated to The Arc. Here's how to do it:

- You must have a "Remarkable Card"
- To sign- up for a "Remarkable Card" go to the Remarkable Card Application at http://www.randalls.com/CMS/includes/docs/Club_Card_App_RAN_052410.pdf
- Complete the Good Neighbor Program Form at http://www.randalls.com/CMS/includes/docs/Randalls_Good-Neighbor.PDF
- The Arc of Fort Bend County's Good Neighbor Program (GNP) Account Number is 2328
- Deliver the completed Good Neighbor Program form to your local Randall's Courtesy Booth

That's it! The Arc will then receive a donation every time you shop!

Thank you,
Laura LaVigne
Executive Director



The Arc's Annual Special Needs Conference and Resource Fair *Covering Everything from "Au to Z"* Saturday, September 26, 2015 - Dulles High School

Information for:

Families of children/adults with intellectual and/or developmental disabilities (Diagnosis: Down Syndrome, IQ of 75 and below, "Borderline IQ," Autism/Asperger's/PDD, Cerebral Palsy, etc.

Special Education:

Life Skills, Resource, Inclusion, Co-Teach or "Self-Contained" classes such as FLITe/SILC/SIP/ABC/etc.

Who should attend?

Parents, educators, social workers, therapists, service providers/staff and any interested citizen

Free Event - Open to the public

Contact Cheryl Sewell for more information
cbsewell@arcoffortbend.org - 281/494-5924

Social Recreation

Rodeo Houston



Valentine's Dance



Mardi Gras Ball

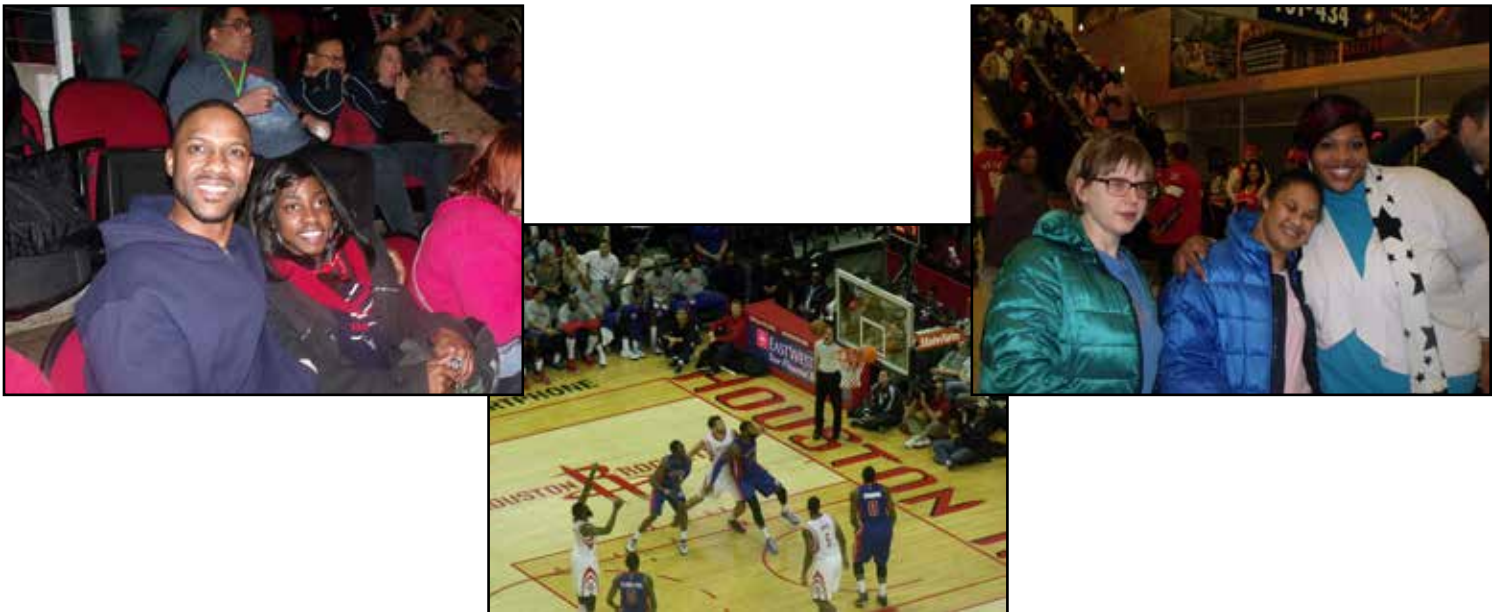


Activities

Harlem Globetrotters



Rockets



Informal Parent Group

Cheryl Sewell



The Arc's informal "Parent Group" for parents of school-aged children with special needs meets the first Thursday of each month (except June/July/August) at Cindy Villarreal's home. "School-aged" is loosely based on ages 3 to 21 but we welcome all parents who attend. We have lively discussions about developmental disabilities such as Down Syndrome or Autism Spectrum Disorders, behavior management/ABA, movies, gluten free diets, ARD/IEP and special education issues, Medicaid Waiver programs and any other topics of interest to the group.

We enjoy our discussion over breakfast goodies provided by Cindy or other parents. We have enjoyed some great homemade foods from different cultures and nationalities. It's always a yummy and informative gathering.

Our April meeting included egg decorating using a PAAS kit. A few of our parents had never dyed Easter eggs before or hadn't since childhood. Join us, as we're always up to something!

Next Informal Parent Group meeting is May 7, 9:30 am to 11:30 am at Cindy Villarreal's home.

For directions and additional information contact:

Cindy Villarreal 281-969-8058 cindy@ptg.com

Cheryl Sewell 281-494-5924 cbsewell@arcoffortbend.org



Techno Chaos

Cheryl Sewell

Do you like legos? Do you like wheels? Do you like building a vehicle with legos and racing them? If so, then you would have enjoyed "Techno Chaos" with our Kids and Youth Group families in March! We jumped for joy when our cars raced down the track and actually made it over the finish line. And we slumped and frowned when they ran into other vehicles and fell apart. Our pit crew repeatedly redesigned and fixed our "cars" with care. Each "car" was wondrous and unique - just like all of us.



Techno  **Chaos**





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 New Member Renewing Member

Member Name: _____

Address: _____

City/State/Zip: _____

Home Phone: (____) ____ - _____ Cell Phone: (____) ____ - _____

E-mail Address: _____ HCS Provider: _____

I am a:

- Family Member Person with Disability Interested Citizen Professional who works in the Disability Field

Indicate the age of person with a disability: 0-12 13-22 23-54 55+

Membership Levels:

Individual with Disability \$20.00
reserved for those not living at home and not included in a family membership
receives one vote at meetings of the membership

Single \$35.00
receives one vote at meetings of the membership

Single Lifetime \$500.00
receives one vote at meetings of the membership

Family \$50.00
***Names of all family members:** _____
includes all immediate members of the family living in the home
includes a family member with a disability living outside of the home
receives two votes at meetings of the membership

Corporate \$100.00
receives one vote at meetings of the membership

Corporate Lifetime \$2000.00
receives once vote at meetings of the membership

VIP
given yearly to chairs of "Best in the West" and *Golf Classic*
given yearly to Head Coaches of Special Olympic Sports

Additional Tax Deductible Donation: \$ _____

If you wish, you may donate to a specific program:

- Bowling Education Employment
- Self-Advocacy Social Recreation Special Olympics

Total Amount Enclosed: \$ _____

Mail form and payment to: OR Join online at www.arcoffortbend.org
The Arc of Fort Bend County
123 Brooks Street
Sugar Land, Texas 77478

The Arc of Fort Bend County is a non-profit 501(c)(3) organization

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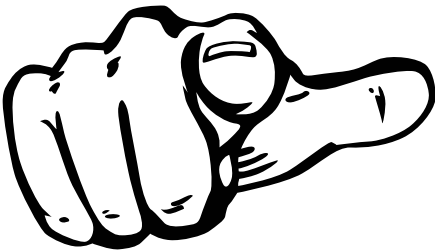
Achieve with us.



Add us as your friend and
keep in touch with all
events at The Arc!
[facebook.com/arcoffortbend](https://www.facebook.com/arcoffortbend)

facebook

The Arc needs YOU!



The Arc's annual Golf Classic is June 22, 2015, at Weston Lakes Country Club. This is one of two fundraisers we hold each year. Funds raised pay for the programs we provide all year long - Special Olympics, Recreation, Educational Advocacy, Employment Assistance and Bowling at Stafford Lanes.

We need a few live auction items – and we hope our members will consider donating one of the following:

- A deer hunt on your deer lease for 2-4 hunters
- A hog hunt on your private property for 2-4 hunters
- A guided, off-shore fishing trip for 2-4 fishermen
- A long weekend at a beach house
- Texans tickets (2 or 4)
- College Football tickets (2 or 4)
- Time Share weeks
- Hotel rooms in Austin, San Antonio, Dallas, etc.
- Lunch for 4 at a Fort Bend County restaurant