

Today's Arc

The
Arc
of Fort Bend County

June 2009

Volume 8, Issue 6



Calling All Golfers!

June 22, 2009, is right around the corner and I know you do not want to miss The Arc of Fort Bend County's 2009 *Golf Classic*. Do you have YOUR reservation yet? If not, hurry; the team slots are almost full. Registration begins at Weston Lakes Country Club at 10:30 AM with a box lunch provided by Five Star Food Services and a Shot Gun start at 11:30 AM. There will be contests for all the golfers including the Hole-in-One vehicle, once again



sponsored by Helfman Ford. This year it is a 2009 Ford F-150! When the golfing is over, golfers and guests will enjoy a barbecue dinner hosted by Republic Services Inc. and the award winning "Yeah-I-Do" cooking team, which is followed by a Live Auction that begins at 5:00 PM, rain or shine.

You've heard about the fantastic packages available. Even if you're not a golfer, come bid on the fantastic trips, sporting packages, outings and the unique items contained in this year's packages.

All proceeds go directly to fund and expand The Arc's many programs and services for individuals with intellectual and related developmental disabilities. If you're not able to field a team, we offer other sponsorship levels as well.

If you would like more information, call Danielle Garrison at 281-302-9990 or Nicole Castagnet at 281-494-5959. The fastest way to register is online; go to www.arcoffortbend.org and click on the link provided below the Golf Classic logo. The link will take you directly to the Registration Page where you can choose your sponsorship level or provide team player information and handicaps. The payment is made via a secure site.

Mark your calendar...June 22, 2009. Hope to see you there!

Save the Date!

Annual Meeting and Awards Presentation

**Monday,
June 29, 2009
7:00 PM - 9:00 PM**

Location:
U of H - Sugar Land

Inside this issue:

| | |
|-----------------------------------|---|
| Mission, Vision, Board Members | 2 |
| Chairman's Corner | 3 |
| Executive Director's Message | 3 |
| Provider Showcase | 4 |
| June 2009 Calendar | 6 |
| Membership Form | 7 |

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 2008-2009

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Cheryl Sewell

Employment Specialist

Margo Pasko

Program Director

Nancy Dobert

Administrative Assistant

Nicole Castagnet

Account Manager

Jenny Schulte

*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 mental retardation or 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 mental retardation 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 will maintain an effective leadership team to insure the accomplishment of The Arc's vision and mission.
- II. The Arc will deploy outreach strategies that will increase community awareness of the needs of all Arc stakeholders.
- III. The Arc will collaborate with existing transportation systems in Ft. Bend County to provide transportation that is reliable, safe and affordable.
- IV. The Arc will collaborate with providers of job training and placement programs to improve quality and quantity of programs.
- V. The Arc will provide programs and services which will directly improve the quality of life for its clients and their families.
- VI. The Arc will implement sound fiduciary strategies that will increase financial stability and growth of the organization.

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

Chairman's Corner

Mike Casey

My term as Chairman closes out at the end of the month. It truly has been a privilege to serve in this capacity these past two years. It has been a challenging, but great journey. First, I was following Charlie Huber as Chairman. He always leaves humongous shoes to fill. Second, we were still getting our Executive Director up to speed. Third of course, was the Glenn Lakes move. Well I decided many years ago that no one can keep up with Charlie. Executive Director Laura LaVigne has been at warp speed for some time now. And I knew that the Glenn Lakes move to Cypress Point was successful when Mary Jo Patterson gave me a big hug. As I think back even further over my tenure on the Board, I am amazed at what The Arc has accomplished under the direction of your Board. Some of those Directors are still serving today. Looking forward, today's makeup of the Board ensures that The Arc will continue to do great things to help those individuals and families that depend on us for assistance.

A leader is only as good as those he leads. Therefore, I want say a big, sincere thank you to my fellow Board members, The Arc Staff and to you for making me look so good in a very rewarding term.

Take Care and God Bless

From the Executive Director

Laura LaVigne

The third part of our Legislative Collaboration with The Arc of Texas involved co-sponsoring a breakfast for the legislative aides during the 81st legislative session. Mike Casey, Barry Beard and I traveled to Austin on the afternoon of April 30. After arriving and meeting with Ginger Mayeaux, Arc of TX, we visited several offices and spoke to the aides about current proposed legislation that we have been supporting throughout the session. We left information about how the bills support individuals with intellectual disabilities and the great need in Texas to increase funding for social services. We met with aides from Representatives Olivo, Zerwas and Howard's offices and from Senators Huffman and Hegar offices. We also visited with representatives outside of Ft. Bend County who were members of key committees. We felt our visits were worthwhile and made an impact.

We co-sponsored the Friday morning breakfast with The Arc of Texas, The Arc of the Capitol Area, The Autism Society of Greater Austin, Texas Advocates, Down by the Border, and Down Syndrome Association of Central Texas. Pictured with Mike and Barry from The Arc of Texas at the breakfast from the rooftop of the Texas Trail Lawyer's Building are from left to right: Dawn Choate, Governmental Affairs Specialist; Katie, Self Advocate from The Arc of the Capitol Area; Ginger Mayeaux, Local Advocacy Coordinator; and Chris Rodriguez, Director of Chapter Services.



Empower Yourself at Empowerment Options!

Cheryl Sewell

The Arc does not endorse, promote or recommend any particular person, place, therapy, institution, professional system or service. Our desire is to bring together families and those interested in meeting the needs of persons with disabilities. Please call to discuss your issues, concerns, wants and needs and perform “due diligence” when seeking a service provider.

Genelle Edwards was a social worker in the MR field in Austin, TX in the 1970s and was involved with the movement toward community services for persons living in state schools. She began “Empowerment Options” in 1993 and serves approximately 300 individuals in Austin, Conroe, Harris and Fort Bend Counties; 38 of whom live in Fort Bend and Southwest Houston in either ICF (6 bed) or HCS (3-4 bed) group homes.

Cindy Best was hired by Empowerment Options in 2006 as their new program manager. She started as a QMRP in Illinois in 1990 and obtained a degree in Nursing Home Administration (per Illinois requirements) so that she could manage 16 bed group homes to 250 bed facilities. Cindy has lots of experience in evacuations, due to ice storms in Illinois, wild fires in California and hurricanes in Houston. She says that evacuations are not that difficult for Empowerment Options because they have ICF and HCS group homes in Austin to use as evacuation locations. They have great Hurricane parties when everyone gets together!

Michelle McGuire is the director of Empowerment Options’ activity center in Stafford. She feels that the individuals enjoy their days when they are out in the community so they plan lots of community activities including working at Goodwill sites, volunteering, going to the library/museum/zoo/IMAX and the movies. Michelle indicated that while in the center, they provide vocational training including social skills and interviewing techniques. Empowerment Options pays for outside activities for individuals receiving ICF funding but individuals who receive HCS funding are asked to pay for the activities themselves. Empowerment Options currently offers an adult program to individuals ranging in age from 20 years to 60 years.

One important difference in Empowerment Options is that they offer an on-site registered nurse so they are able to serve individuals who have more involved medical conditions. (Many adult day activity centers do not have on-site nursing care.)

All of the ICF group homes have 8 to 12 passenger vans and the HCS group home is provided a company car. EO believes that the ICF model where 2 staff for 6 individuals actually gives the individuals more flexibility in their activity choices. All of the homes have instituted an “All Star” program for positive reinforcement opportunities for daily, weekly and monthly rewards. A portion of the individual’s SSI/SSDI does go toward the cost of their care.

Cindy indicated that they don’t believe in “baby sitting” and they try to hire upbeat, energetic, creative staff who believe in making Empowerment Options a place of joy and happiness.

So, Cindy Best might be a little bit biased, but she thinks that she works for the best ICF and HCS provider in the area and that the individuals and staff at Empowerment Options are the best!

For additional information on Empowerment Options, please contact Cindy Best at 281-980-0412 or 800-324-2689. Or visit their website at www.empowermentoptions.com.



Special Olympics News

LAMAR CISD INVITATIONAL TRACK MEET

Originally scheduled for Saturday, April 18, the Lamar Track Meet managed to successfully complete the Opening Ceremonies before a torrential deluge, replete with thunder and lightening, sent everyone home. The rainout date for the Track meet was the following Saturday, April 25 and The Arc's track team attended. This time, the weather was perfect. Athletes participated in individual track and field events and 4x100 meter relays. The team had two male relays and one female relay. Individual track events included the 50 meter walk, the 100 meter walk, the 400 meter race walk, the 50 meter dash, the 100 meter dash, and the 200 meter race. Individual field events included the softball throw, the standing long jump, the shot put, and the 500gm Turbo Jav. The 500gm Turbo Jav is a javelin event added three years ago, and The Arc purchased a 500 gm Turbo Jav for our athletes last year. Arc athletes include Amy Crane, Jennifer Daniels, Michelle Fontenot, Chance Geary, Maria Guevara, Joseph Guien, Tommy Hajek, Allan Harris, Wayne Heitman, Blaine Hylton, Robert Jackson, Chris Kruppa, Aaron Lindsey, Larry Lobue, Cyrus Moore, Ricky Moore, Karen Penrod, Tony Presson, Russell Smith, Nicole Taylor, and Rudy Vasquez. Certified Athletics coaches are Karen Guevara, Beverly Moore, Terry Moore, and Linda Provost. Additional registered volunteers present were Ray Fontenot, Allan and Minnie Harris, and Bernadette Kruppa. Margo Pasko planned, set up, and ran Athlete Village and its activities for the Lamar Track Meet.

Area 22 Track Meet (Spring Games)

The Area 22 Spring Games (Track Meet), scheduled for May 1 & 2 at Clear Creek High School, were cancelled due to the outbreak of the Swine Flu. Special Olympics State and Local offices followed suit with the cancellations of competitions after the UIL cancelled all school competitions until May 11. All Athletes that had been registered for the Area 22 Games were declared eligible by Special Olympics Texas for the State Summer Games, if they were already registered for the State Games.

STATE SUMMER GAMES

The State Summer Games for Basketball and Athletics were in Arlington at UT Arlington, Thursday-Sunday, May 21-24, 2009. Look for a complete report in the July newsletter.

COACHES TRAINING

Anyone interested in becoming a Certified Coach in Aquatics, Bowling, Softball, Volleyball, or Unified Sports may attend the Area 22 Training Session on Saturday, August 1, location and time TBA. Please contact Terry Moore or Margo Pasko if interested.

AQUATICS

Aquatics practice will start Wednesday, June 17, 7:30-9:00 PM, at the Lamar Natatorium, 5021 Airport Road, Rosenberg, at Terry High School. Starting July 8 (after July 1), the practice time will change back to 7:00-8:30 PM. The Area 22 Swim Meet is Saturday, September 19, at the Don Cook Natatorium in Sugar Land.

"Let me win, but if I cannot win, let me be brave in the attempt."

- Special Olympics Motto

June 2009

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|----------------------------|-----|------------------------------|----------------------------|--|------------------------------------|
| | 1 | 2 | 3 | 4 Self Advocate Meeting | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 SR - Dance at K of C in Sugar Land | 13 |
| 14 | 15 | 16 | 17 SO - Aquatics Practice | 18 | 19 | 20 |
| 21 | 22 The Arc Golf Classic | 23 | 24 SO - Aquatics Practice | 25 | 26 | 27 SR - Afternoon at the Movies |
| 28 | 29 Annual Meeting | 30 | | | | |

| | | | |
|----|--|---|---------------------------------------|
| 4 | Self Advocate Meeting | 4:30 p.m. - 5:30 p.m. | Sugar Land Employment Center |
| 12 | SR - Dance at the K of C in Sugar Land | 7:00 p.m. - 9:00 p.m. | Knights of Columbus Hall - Sugar Land |
| 17 | SO - Aquatics Practice | 7:30 p.m. - 9:00 p.m. | Lamar Natatorium |
| 22 | The Arc Golf Classic | 10:30 a.m. - Registration 11:30 a.m. - Shotgun start 5:00 p.m. - Awards, Auction & Dinner | Weston Lakes Country Club |
| 24 | SO - Aquatics Practice | 7:30 p.m. - 9:00 p.m. | Lamar Natatorium |
| 27 | SR - Afternoon at the Movies | TBA | AMC in the Fountains |
| 29 | Annual Meeting | 7:00 p.m. - 9:30 p.m. | University of Houston, Sugar Land |



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: _____

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+

Optional:

* Solely to help us know if we are serving our entire community, please check below:

- | | | |
|--|--|--|
| <input type="checkbox"/> American Indian/ Alaskan Native | <input type="checkbox"/> Asian/ Pacific Islander | <input type="checkbox"/> Black/ African American |
| <input type="checkbox"/> Caucasian | <input type="checkbox"/> Hispanic | <input type="checkbox"/> Other |

Preference for Volunteer Opportunities:

- ☐ Committee Member ☐ Fund Raising ☐ Office Support ☐ Special Olympics & Bowling

Membership Levels:

| | |
|---|---|
| Individual with Disability Membership | \$10.00 |
| Individual Membership | \$25.00 |
| Family Membership 2 nd Member Name _____ | \$40.00 |
| Corporate Membership | \$100.00 |
| Additional Tax Deductible Donation | \$ _____ |
| If you wish, you may donate to a specific program: | |
| <input type="checkbox"/> Bowling | <input type="checkbox"/> Education/Employment |
| <input type="checkbox"/> Social Recreation | <input type="checkbox"/> Special Olympics |
| | <input type="checkbox"/> Self-Advocacy |
| | <input type="checkbox"/> Transportation |
| Total Amount Enclosed | \$ _____ |

Mail form and payment to:
The Arc of Fort Bend County
123 Brooks Street
Sugar Land, Texas 77478

OR Join Online at www.arcoffortbend.org.

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

The Arc of Fort Bend County
123 Brooks Street
Sugar Land, Texas 77478
Phone: 281-494-5959
Fax: 281-494-5960

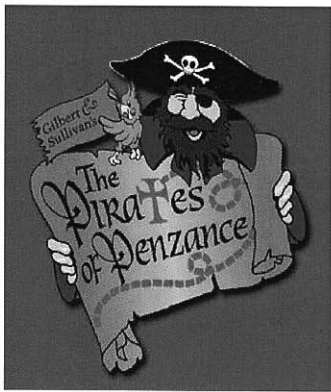
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**DIONYSUS THEATRE
PRESENTS**

**The Pirates of
Penzance**

June 6 through June 28
Thursdays & Saturday evenings
Sunday matinees
Week nights 7:30 p.m.
Sundays 3 p.m.



**Joe Frank Theatre
Jewish Community Center
5601 S. Braeswood
Call 713-728-0041**