

AWARENESS Quarterly

Since 1958, supporting services, education and advocacy for children and adults with developmental disabilities and their families

INFORM YOURSELF AND LET YOUR REPRESENTATIVES KNOW!

Jackie Rosen, Director of The Arc's Respite Services and herself the mother of two adult daughters with autism, addressed a parent workshop at the Jupiter campus of the FAU CARD Center April 24. She told the story of raising her daughters at a time when there were no supports in place for parents of children with developmental disabilities and when autism was little understood.



Rosen has been a tireless advocate since the 1970s and worries that today's parents perceive as entitlements many services that were hard won over the years and are now at risk with the budget crisis Florida is facing. She states, "Right now Florida is on the verge of losing all the things that parents and professionals have fought to build over the last 25 years. We have a

legislature that is trying to set policy and change systems without considering the impact on the individuals with developmental disabilities, their families and the community. We could lose or have the current system of services forever changed, and the thing that you take for granted could be cut back or eliminated. Each time programs come up for renewal they could be on the chopping block. "Some residential programs for people with severe behavioral needs may have to close if the funds are cut. Behavioral focus homes are slated to lose their behavioral assistants. "Managed Health Care would put all Medicaid recipients under managed care, even those with developmental disabilities. An HMO would approve the care that our people get. Under the plan HMO's would oversee the services and support coordinators would be eliminated. The reimbursements for Medicaid Waiver Services such as Respite and Residential Habilitation services will be cut

- even further, which may cause some providers to drop a services or go out of business altogether. Tiers 2,3, and 4 will have their allotments cut." Rosen asks if you should be concerned. Her thoughts:
- Even if you are not receiving Waiver services or are not on Medicaid, it is important to be informed — your child becomes eligible at age 18
 - Even if you can't see yourself using residential or behavior services, you can help retain those services as choice for those who need it
 - If you are on the waiting list for services, and you think it doesn't affect you, it will some day and you don't want to be sorry you didn't have input
 - You can make an impact on the state system by being informed on the issues that affect children and adults with developmental disabilities
 - You can get on the mailing list of the Florida Developmental Disabilities Council for legislative updates.

- Read newspaper editorials
- Phone, write or email your legislators.
- Visit your legislator when they are in their local office.
- Sign petitions
- Get your friends and relatives to do this too!

Rosen concludes,

"I was once told that every person with a developmental disability represents 20 people who care about them. We need to get those 20 people involved to help us keep our services and supports intact."

In Memoriam

The Arc of Palm Beach County learned with sadness of the death of Rose Tenzer on April 18, 2010.

Mrs. Tenzer and her husband, Sol, have been loyal supporters of The Arc and its adult program for many years.

In 1991, the Rose and Sol Tenzer Residence, a supported living townhouse in West Palm Beach, opened.



PAVE Welcomes New Instructor

Robert "Trei" Knight begins this month as the lead instructor for the PAVE (Progressive Adult Vocational Education) program. Trei is an honors graduate of FAU. He interned last summer at PAVE, doing a research project to determine if sales via ebay

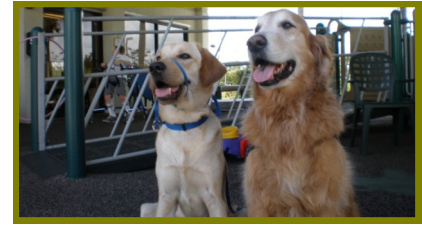
would be a possible avenue for microenterprise students there. He loves being with PAVE students, observing that "they all want to be here and they enjoy what they're doing." Trei 's first day is April 26.



Annual Fund = Ability!

We have a special equation for you: Annual Fund = Ability! When you make a donation to the Annual Fund of The Arc, you are proclaiming your awareness and appreciation of the abilities of people with developmental disabilities. You show your conviction that Palm Beach County should and can be a Community for All. When you make a gift each year to the Arc's Annual Fund, you give The Arc the ability to meet the needs of its clients. With a strong Annual Fund, The Arc has the ability to accommodate public funding cuts when they

occur, shifting resources to programs that are hard hit so they remain fully operational. The Annual Fund makes up only a small percentage of The Arc's overall budget, but it makes up 100% of our ability to sustain programs that public funds do not fully support. Go to www.arcpsc.org and click on "Donate Now" to make an online gift today. You can also send a check to The Arc at 1201 Australian Avenue, Riviera Beach, FL 33404 or call the Advancement Office to give a credit card number confidentially over the phone 561-842-3213. *Thank you!*

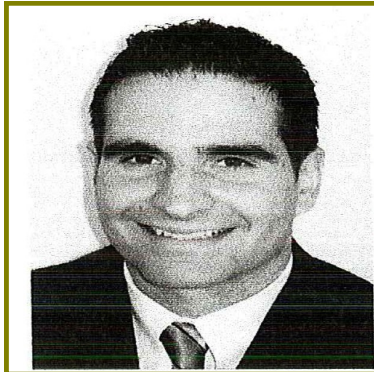


Skeeter, in training with the Pengeley family at The Arc for the nonprofit Canine Companions for Independence, gets some pointers from Lionel, an 8-year veteran with Therapy Dogs International. Lionel and his "mom," Lisa Heller, have volunteered at Potentials School for eight years.

Dr. John Conde Addresses Parents and Professionals at April 12 Family Support Services Workshop: Unlocking The Full Potential of Your Child's Brain

John Conde, one of only 1,000 Board Certified Chiropractic Neurologists in the country, is headquartered in Delray Beach. Dr. Conde addressed more than 25 parents and professionals working with children who have developmental disabilities at an April 12 workshop sponsored by the Family Support Services of The Arc of Palm Beach County. Conde reported on research about the "lateralization of brain function," noting that "the right and left hemispheres of your brain are specialized for certain functions and behaviors." If there is "an unhealthy brain environment we can make one side of our brain dominant over the other and produce a fluctuating arousal level displayed as inattentive and distractible behavior." He recommends:

- A. Physical Activity — not only after school sports or recreational programs, which are important, but particularly strengthening core muscles.
- B. Utilize Both Sides of the Body — "Have your child utilize the non-dominant arm and leg more frequently. I often recommend using the non-dominant hand when eating, brushing teeth, and when combing hair one or two days a week. Other changes such as off-setting the computer monitor to the same side of the dominant hand is also effective."



C. Brain Foods — "Spinach or kale, broccoli, salmon or other cold water fatty fish, beans, whole grain bread (unless the child has a gluten sensitivity), oats, sweet potatoes, garlic, green tea, and blueberries. Every child should also be taking a multi-vitamin recommended by their Physician."

D. Sleep — "It is essential that all children, and adults, get at least 8-10 hours of sleep every night. It is during sleep that we release growth hormone, which helps to repair and replenish our body."

**Next Parent Support Coffee:
9:30-11 a.m., Friday, May 21
Denny's Restaurant, Okeechobee
Blvd.
Royal Palm Beach**

The April 12th workshop was one of an annual series sponsored by The Arc's Family Support Services. Family Support Services offer parent coffees, workshops, referrals and other assistance to families who have children with developmental disabilities. **For further information, please contact Emily Sandquist, program coordinator, at 561-842-3213 or visit our website www.arcpsc.org (click on "Parent Support").**

The Arc's Family Support Services is funded in part by the Town of Palm Beach United Way, by the Florida Developmental Disabilities Council for the *Next Chapter Book Clubs* program, and by the Annual Fund of The Arc of Palm Beach County.

The Gardens' Mall Easter Bunny, shown here with Tiffani, visited Potentials School, much to the delight of students, parents and teachers alike, immediately following the children's annual bonnet parade.



ARC SUMMER CAMPS FILLING FAST — ENROLL NOW!

Julie Lobdell, Director of The Arc’s Recreation programs, reports that “currently we have a few slots left for self contained camps as well as several inclusion options for the summer.”

For self contained camps, children must have completed Kindergarten. Programs continue up through age 12. Participants must have developed their self-help skills and be able to safely take part with a staff to participant ratio of 1:4. Programming includes field trips, arts and crafts, karate lessons, sailing lessons, fun, active recreational games and activities.

Inclusion camps are offered in Greenacres, West Palm Beach, Palm Beach Gardens and Jupiter. In an inclusion camp, children with developmental disabilities are included in general recreation day camps with typically developing peers. The Arc provides specially trained staff to ensure full inclusion. To be eligible for Inclusion options, youth must have completed Kindergarten. Options run up to age 11. Youngsters need to have developed all their self-help skills and be able to safely take part with a staff to participant of ratio of 1:5.

To register or for further information, please call The Arc Recreation Department at 561-804-4910.



Staff members from Lake Park’s Northlake Target Starbucks Café deliver birthday cookies to Amy, a member of the Next Chapter Book Club that meets there every Wednesday. The Starbucks team has been exceptional in their welcome to this new program of The Arc, sponsored by the Florida Developmental Disabilities Council. Book Clubs meet in Wellington and Boca Raton as well and are designed for adults 18 and older. For information, please contact Emily Sandquist, Coordinator of Family Support Services, at 561-842-3213.



May 13th is **RED** Day (Renew, Energize and Donate) for all branches world-wide of **Keller-Williams Realty**. The Palm Beach branch has adopted The Arc’s Poney Martin group home for the day. The organizing team is pictured here during an April 22 visit with some of the residents in preparation for the day.

Volunteers will be painting the exterior and one interior room of the 4– bedroom home and well as doing some landscaping and collecting donations for the home’s wish list which includes:

- Towels – bath and wash cloths – at least 8 of each
- Dish towels for drying dishes
- Plastic glasses (12oz) – at least 8
- Dinner dishes and bowls – at least 10 of each
- Placemats – at least 10
- Non stick large fry pans – 2
- 8 twin size mattresses and box springs



Eleanor Trachtenberg’s great-grandsons, with their dad, help plant a live oak tree in front of the Trachtenberg residence during a memorial celebration of her life April 18.. More than 40 friends, family members and residents of the home gathered to commemorate her 35 years of love and dedication to The Arc of Palm Beach County and the adults whom it serves.

Since 1958, providing services, advocacy and education for children and adults with developmental disabilities and their families

1201 Australian Avenue
Riviera Beach, FL 33435

We're on the web!

www.arcpbc.org

Phone: 561-842-3213

Fax: 561-863-4352



Elizabeth Gregg (l.) and Mary Courim enjoy a moment following the Spring Social hosted by Mrs. Courim April 9 to introduce new friends of The Arc to the special events coming up that are so essential to funding Arc programs and services provided each year. Mrs. Courim is the Tournament Sponsor for The Arc Invitational Golf Tournament May 25th.

ARC INVITATIONAL GOLF TOURNEY TO BE AT BEARS CLUB MAY 25TH

"Thanks to our sponsors — Mary Courim, Genuine Parts Company, William I. Koch, the Sandquist family, and Bobby Campbell/BBC International — 100% of the proceeds of the upcoming Arc Invitational will directly benefit the children and adults of The Arc," a grateful and delighted Executive Director Michael Papa announced April 20th.

The Arc Invitational offers an extraordinary day of golf at Jupiter's Bear's Club. Players will enjoy the exclusive 18-hole Jack Nicklaus Signature Golf Course, with continental breakfast, refreshments on the course, and a gourmet lunch and awards ceremony immediately following the tournament.

Invitational Committee members include Enid Atwater, Bobby Campbell, Joe Curley, Elizabeth Gregg, Michele Jacobs, Nancy Katz, Fonda Lee, Denva May, Malcolm McCampbell, Jim McCarten, Richard Muello, Danielle Nastri, Cathy Polselli, Debra Ruedisili, Florence Seiler, Ricky Wde and Wyn Yelin.

Special thanks go to The Gardens Mall, Visual Communications and Barrier Wall of South Florida, as well as to The Palm Beach Group Morgan Stanley Smith Barney and Lucy & Patrick Spears.

A very special guest will be on hand, long-time friend of The Arc Sandi Hardwicke. The first annual Sandi Hardwicke Dedication Award will be presented at the close of the day. For more than 30 years, Sandi Hardwicke poured her heart and soul into The Arc's annual golf tournament. Her passion for the children was no surprise to the many friends and local businesses that helped her in her quest. Now, even miles and miles from her roots, Sandi's infectious enthusiasm for the children and golf have not faded and her legacy to The Arc of Palm Beach County will continue for years to come.

SAVE THE DATE: NOVEMBER 6, 2010 JEWELS & JEANS GOES WILD!

"You're the pot of gold at the end of our Rainbow," wrote the children of Potentials School thanking the sponsors of the 2009 Jewels & Jeans event, gathered May 17 for a thank-you luncheon. From left are pictured Arc President Debra Ruedisili, Renee Post of Financial Planning Investment Group, Bob Addea of TD Bank, Sarah Templeton of Templeton & Company, Lou Madoskey of Financial Planning Investment Group, Debbie Negri of the Gardens Mall, Michael Papa, Executive Director of The Arc, Arc Board member Jim McCarten, Jane Wade, Co-Chair of Jewels & Jeans, and Donna Feher, Board Secretary of The Arc. Seated is Potentials ambassador Jo-Jo with Arc Advancement Director Kim Hanson.



ARC IN THE PARK ADDS A BRIDGE-BUSTER CHALLENGE TO ITS SEPTEMBER 25TH LINE-UP!

If you like a parade, a picnic by the water, a craft fair, and a run, then save the date for September 25th when this annual event benefitting Arc Employment Services adds a run walk over the Singer Island bridge and back to Lake Park's Kelsey Park. Trish McEvoy's Fonda Lee is chairing the event which will feature the annual walk and roll a thon down Park Avenue as well as a marathon sanctioned 5k. For details call Kimberly McCarten at 561-842-3213.

