

Achieve with us.

By [WheelerWife](http://www.transfermaster.com)
www.transfermaster.com

10 Things People with Disabilities Shouldn't Have to be Thankful for This Thanksgiving

While there is no doubt that giving thanks for the blessings in our life puts things into perspective and brings a little more kindness into the universe, there are basic needs and rights we all enjoy that people with disabilities shouldn't have to say "thank you" for. This list is not aimed to portray a negative perspective but rather my hope is that this list will provide some insight into some situations and facts of life that many of us with disabilities struggle to conquer and overcome without having to be grateful.

1. Accessibility

When automatic doors are installed in our places of work, shopping centers, or businesses we often frequent, we should not have to say thank you. The right to access our workplaces, shop or worship where we like, attend events and run our errands should be everyone's right.

2. A job

The right to fulfilling employment should be everyone's. People with disabilities should have the same opportunities to choose a place of employment as potential employers have when considering an applicant.

3. An education

Sky-high medical expenses, lack of accessibility or resources to help us to and from classes, and discrimination in entrance interviews are just some of the barriers many people with disabilities encounter when trying to achieve the dream of higher education.

4. A voice

Exercising our right to vote and make our opinion count is still a struggle. Though many polling places have worked to provide equal access to all voters (accessible voting booths, absentee ballots, etc.) this is still a challenge in many areas.

5. Our health

Disability and health are not always interchangeable. We should not have to apologize for wanting to live a healthy lifestyle or only living up to what others feel we are capable of achieving physically.

6. A loving family

Many of us are lucky to have great friends and family surrounding us who love us, inspire us, care for us, and accept us as a human, and do not love us because we are someone with a disability who needs to be cared for.

7. Accomplishments

Accomplishing a goal is something everyone should be proud of, not pitied for. It's refreshing to feel acknowledged for accomplishing a goal because of hard work and talent without having to be "awe inspiring" to others because we did it with a disability.

8. Kind gestures

If only we all treated each other with a little more kindness each day, the world might be a better place. When others specifically go out of their way to single out someone with a disability through a gesture of kindness that they

would not bestow on someone else, it can perpetuate the categorization of those with disabilities as a group of people who need "special help." I enjoy a warm fuzzy as much as the next person, but those of us with disabilities know when a gesture is done out of kindness in an effort to connect on a human level or out of pity.

9. Insensitivity

There's the phrase that "what doesn't kill you, makes you stronger." While we can all learn from mistakes or challenges, no one should have to feel grateful or qualify others' bad behavior as a path to becoming a stronger person. Teachable moments should not have to arise from insensitivity.

10. The way things are today

Disability rights have come a *looong* way since the beginning of the ADA back in the 1990s, but we still have a long way to go. What can you do for the disability community in your area?

This is the perfect time of year to give thanks for our friends, families, and blessings.

What are you thankful for this Thanksgiving?





26049 Five Mile Road
 Redford, MI 48239
 Phone: 313-532-7915 Fax: 313-532-7488
www.thearcnw.org

Next Board Meetings
 November 13, 2018
 December 11, 2018 - Board Meeting and Holiday Party

2018 - 2019 Board of Directors

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Achieve with us.



From The Director

“The good things in life are universal and include being treated with dignity, respect, acceptance; a sense of belonging; an education; developing and exercising one’s capacities; a voice in the affairs of your community and society; opportunities to participate; a decent material standard of living; a normative place to live; and opportunities for work and self-support.”

(Retrieved from www.daru.org.au 10-8-2018)

Did you know that **ADVOCACY** is one of the most important things we do as The Arc, both locally and nationally? Advocacy is something we all can do! I remember working in a preschool classroom when a new child joined the group. Her family had just moved to the area from Uganda and she didn’t speak English. An energetic tow-headed boy bounded over to her and spoke to her at length in English. She lit up and answered back in Swahili. Equally excited, the boy explained a game to her, they both nodded yes, and ran off engaged in some mutually-understood game. This boy invited other kids into the game and soon this girl fully belonged. Advocacy is being a voice, an entrance to the group, a supporter and protector, and one who invites complete acceptance. Advocacy promotes civil rights.

The Disability Advocacy Resource Unit (DARU) describes disability advocacy as “acting, speaking or writing to promote, protect and defend the human rights of people with disabilities.” DARU says the role of disability advocates may include:

- Providing information to people with disabilities about their human rights and identifying discrimination.
- Assisting people with disabilities to uphold their rights by speaking/writing to people and organizations to raise awareness of problems and to seek solutions.
- Helping people with disabilities negotiate complaint processes or legal action to enforce their human rights.
- Writing submissions and lobbying government to make changes that promote and protect the rights of people with disabilities.
- Campaigning for social change by speaking to the media to raise awareness and highlight situations where people with disabilities are treated unfairly. (Retrieved from www.daru.org.au 10-8-2018)

When we support others in these ways, we are good advocates! The Arc of Northwest Wayne County is deeply committed to upholding the civil rights of people with intellectual and developmental disabilities as advocates.

Gretchen Sanewsky, Executive Director
The Arc of Northwest Wayne County

Please welcome Branden Powell to The Arc NW as our new Clerical Assistant!



Originally from Detroit, Branden is a graduate of Detroit Tech High School.

He moved to Kentucky to attend Kentucky State University where he earned his Bachelor's degree in Communications. Branden recently moved back to the Detroit area closer to family. He brings extensive experience working in medical offices doing collections, billing, accounts receivable, patient check-in, insurance verifications, and customer service. As Clerical Assistant, the majority of his work will be with The Arc NW's Fiscal Intermediary Services maintaining accounts and financial files, issuing checks, and keeping records. He will also support The Arc NW's general office operations.

We are glad to have Branden as part of the staff team! Please make sure you introduce yourself when you come to the office!

We are sad to announce that Beth Kohler ended her time with The Arc NW on October 25, 2018.



Beth has served as the Director of Development for the past 9 months, working on fundraising events and setting up the new database for tracking membership and donations. She brought enthusiasm, professionalism, and great expertise to this work! We are thankful for the excellent foundation in fundraising she brought to the organization. Beth will be taking on a new position closer to home with the Monroe School District. We wish her the very best in her new endeavor. We will sincerely miss her!

The Arc of Northwest Wayne County
The Arc of Western Wayne County

After I'm Gone Program



November 1

"Estate Planning For Your Future"

Attorney Roxanne Chang will discuss the importance of establishing an estate plan to handle the future needs of your child with a disability. Topics include Special Needs Trusts, ABLE Accounts, Power of Attorney and Patient Advocate designations, Wills and Letter of Intent.

November 15

"Home & Community Based Services"

Speaker Angela Martin will discuss the Home and Community Based Waiver's final rule that aims to improve the experiences of people receiving Mental Health services by helping them access a more integrated community.

November 29

"Getting the Most out of Mental Health Services"

Speaker will discuss how to use Medicaid services to be more productive, more independent and lead a meaningful life in the community, and what to do if services are denied.

Information sessions are held monthly during the school year at

Western Wayne Skill Center/Garfield Community School

10218 Arthur St., Livonia, MI 48150
6:30pm - 8:30pm

Please RSVP: 734-729-9100 or 313-532-7915 ext 204

Our Just Fun Club Halloween Dance was held on Friday, October 12th at Thurston High School. Everyone arrived so happy and in so many different kinds of costumes! Trademark played so many great songs to dance too. Tables were decorated and there was candy for everyone to enjoy. We served chocolate, blueberry, custard, jelly, apple filled, powdered, cinnamon/sugar, glazed, nutty and plain donuts. We all enjoyed the yummy apple cider too.

Our raffle winners were: Nicole Brey, Jamie Vermulen, Craig Pytlak, Renee Niemenski, Ann Marie Harshman, and Kori Porter.

PLEASE REMEMBER that EVERYONE MUST PARK IN THE FRONT PARKING LOT OF THURSTON HIGH SCHOOL. Construction will continue throughout the WINTER! FOLLOW ALL THE SIGNS THAT LEAD YOU TO THE CAFETERIA.

We hope everyone can join us for the last of our 2018 dances:

Nov. 16, Country Western, Thurston, 7:00-9:30

Dec. 15, Christmas Dinner Dance, Hellenic Center, Westland, 5:00-9:30 MUST pre-pay \$15 (Arc) by Nov. 30

January - May dance dates will be listed in our next newsletter.

Happy Autumn,
Jackie Norris

JUST FUN CLUB NEWS

The Arc Sports News

Thank you to everyone that attended the sport meeting on October 18. It was the best attended meeting and lots was discussed. I'm currently working on the sports letter which will be handed out to the athletes or parents at the beginning of every sport season. The letter will be completed by the start of basketball season in December.

Good luck to our 3 **Poly Hockey** teams, Hot Shots, Wings, & Wolverines, at the Poly Hockey State Tournament in Lansing on November 17 & 18. Enjoy yourself too! **Basketball** will be starting first week of December. Your coach will advise of location & time. The ladies Hot Shots team are in search of players. If you have a friend that is interested have them complete the necessary SOMI athlete forms on SOMI or Arc website & bring to first practice or bring to The Arc before practice starts in December. **Track & Field** starts Tuesday February 5, 2019 at Franklin fieldhouse. **Swimming** starts Sunday February 24, 2019 at Schoolcraft College. Swimming season is starting a little later in 2019 since Coach Addie is HAVING A BABY which is due first week of February. CONGRATULATIONS to Addie and her husband!

Coaches: start checking membership expiration dates of players, volunteers, coaches before basketball season starts. Parents/players remember **to pay your membership dues** to The Arc. This is the only requirement we ask of you in the sports program. This includes the Saturday bowling leagues, too, which is not under the Special Olympic umbrella. Call Lana at The Arc NW at 313-532-7915 ext. 206 to find out when your membership expires.

Happy Thanksgiving Everyone!
Janice Bearden

Save the Date!

The Arc
Northwest Wayne County
26049 Five Mile Road
Redford, MI 48239
313-532-7915
www.thearcnw.org

Help The Arc make sure **EVERYONE** gets to dance in life!

Dinner Dance Fundraiser
Open Bar * Dinner * Desserts * Dancing
February 23, 2019
Watch for your invitation in January, 2019!
Laurel Manor-Livonia

In support of The Arc NW's Athletic Program

Volunteers are needed at local Hold 'Em Poker/Millionaire parties.

These events raise funds for our athletes which are used to purchase uniforms, pay for time at practice venues, cover tournament fees, and more.

Volunteers need not commit to the entire shift – partial shift volunteers are also welcome. Training is provided!

Are you interested? Would you like to learn more? Contact Pat Zagar at pzagar3@gmail.com
We have three events scheduled for 2019, they are as follows:

1-17-19 thru 1-20-19 (Night/Night, Day/Day) at Vision Lanes
4-25-19 thru 4-28-19 (Night/Night, Day/Day) at Vision Lanes
10-3-19 thru 10-6-19 (Night/Night, Day/Day) at Vision Lanes

Night/Night means Thur/Fri from 6:00pm to 2:00am
Day/Day means Sat/Sun from 10:00am to 6:00pm

You can find more info about the various job descriptions and job duties by checking under "News & Events" on The Arc NW website: www.thearcnw.org/2018/10/15/volunteers-needed/



JFC

Country & Western Dance Friday, November 16

7:00 - 9:30pm

Thurston High School

Redford

J. J. And Company Band



GUYS & DOLLS

SATURDAY AFTERNOON BOWLING

OAK LANES.

30 weeks of Saturday afternoon bowling.

If you are interested in joining
please contact:

Jim Gallas 248-318-8856 (cell) or
jagallas@comcast.net



The Arc Early Birds Bowling League



We bowl every other Saturday morning at 9:00 at Oak Lanes on Middlebelt in Livonia. It's a fun league made up of bowlers with a variety of skill levels. If you want to join, please call Vicki Soto at 734-422-3732.

Memorials

In Memory of
Allison Allen

The Beardens

In Memory of Virginia Pruett

The Beardens

In Memory of Bill Hosbien

The Beardens

In Memory of
Claudio Cocciolone

Vince & Alice Depaulis
Diane Behrendt & Ida

If you hear of the passing of an
Arc member please let us know.
Help us honor the memories
of our members and support one
another through difficult times.

Call The Arc NW office at
313-532-7915

Donations

In Honor of Chris Lerchen

Gail Angliss
Pat & James White
Vincent & Marianne Licari
Community Living Services, Inc.
The Bearden Family
William & Kris Copeland
Bonnie Jarlock
Jim & Nancy Horner
Sue Gardnyk

Won't you join & support The Arc NW as a member?















The Arc NW provides advocacy, support and
information on disability-related issues across
the lifespan.

We seek - and work - to build a more
inclusive community.

See the Membership form on the back page of this
newsletter or join us online at


www.thearcnw.org

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Poly Hockey State Games – Nov. 17 & 18 at Eastern HS and Fieldhouse, Lansing MI. (overnight event)</p> 				<p>1</p>  <p>AIG Estate Planning For Your Future 6:30pm - 8:30pm</p>	<p>2</p>	<p>3</p>  <p>Bowling 9:30am Oak Lanes</p> <p>Guys & Dolls Bowling 1:15 Check-In Oak Lanes</p>
<p>4</p>	<p>5</p>  <p>Wolverines 7:00pm - 8:00pm Cooper</p> <p>Riley North Gym Hotshots 6:00pm - 7:00pm Wings 7:00pm - 8:00pm</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p> <p>JFC 7:00 - 9:30 Thurston High School</p>  <p>DANCE</p>	<p>10</p>  <p>Guys & Dolls Bowling 1:15 Check-In Oak Lanes</p>
<p>11</p>	<p>12</p>  <p>Wolverines 7:00pm - 8:00pm Cooper</p> <p>Riley North Gym Hotshots 6:00pm - 7:00pm Wings 7:00pm - 8:00pm</p>	<p>13</p> <p>Board Meeting 6:00pm</p>	<p>14</p>	<p>15</p>  <p>AIG Home & Community Based Services 6:30pm - 8:30pm</p>	<p>16</p>	<p>17</p>  <p>Bowling 9:30am Oak Lanes</p> <p>Guys & Dolls Bowling 1:15 Check-In Oak Lanes</p>
<p>18</p>	<p>19</p>  <p>Riley North Gym Hotshots 6:00pm - 7:00pm</p>	<p>20</p>	<p>21</p>	<p>22</p> <p>Thanksgiving The Arc Office Closed Thurs. & Friday</p> 	<p>23</p>	<p>24</p>  <p>Guys & Dolls Bowling 1:15 Check-In Oak Lanes</p>
<p>25</p>	<p>26</p>  <p>Riley North Gym Hotshots 6:00pm - 7:00pm</p>	<p>27</p>	<p>28</p>	<p>29</p>  <p>AIG Getting the Most out of Mental Health Services 6:30pm - 8:30pm</p>	<p>30</p>	

CHECK IT OUT!
The Arc of Northwest Wayne County's
Web Site
thearcnw.org

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The Arc of Northwest Wayne County



Facebook



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Inside The Arc is also available online at
thearcnw.org
Call 313-532-7915 to end your printed mailed newsletter.

Membership Application

Name _____

Email Address _____ **Daytime Phone** _____

Address _____

City _____ **State** _____ **Zip** _____

Name _____ **Birth Date** _____

(Name line above for member(s) with intellectual and developmental disability)

Address (if different) _____

Telephone (if different) _____

Welcome!

Membership Dues

- New Member
- Renewing Member
- Associate Member
- \$35 Annual Family or Group Home Membership
- \$25 Individual Membership
- \$25 Associate Membership

DONATIONS \$10 \$25 \$50 \$100 \$150 _____ Other