



Inside The Arc

December/January 2018 - 2019

Achieve with us.

FROM THE BOARD OF DIRECTORS
&
THE STAFF OF
THE ARC OF NORTHWEST WAYNE COUNTY

WE WISH YOU ALL
A WARM AND PEACEFUL HOLIDAY SEASON





The Arc
Northwest Wayne County

26049 Five Mile Road
Redford, MI 48239

Phone: 313-532-7915 Fax: 313-532-7488

www.thearcnw.org

Next Board Meetings
December 13, 2018 - Board Meeting and Holiday Party
Tuesday, February 12, 2019

2018 - 2019 Board of Directors

OFFICERS

PRESIDENT **Kathy Pfuhler**

VICE PRESIDENT **Greg Wittrock**

SECRETARY **Bill Winkler**

TREASURER **Susan Gardynik**

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Jean Walsh	Ray Schuholz
Heidi Warren	Rebecca Wenglinski

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Advocacy & Community Resource Director	Michelle Driscoll
Programs & Services Assistant:	Sandra Dobson
Advocate:	Chesley Giertz
Lekotek Play Leader:	Lana Richardson
Lekotek Librarian:	Katie Perkins
Claims Processor:	Vida Hunt
Clerical Assistant:	Branden Powell
Office Manager	Latrice Wilborn

Achieve with us.



United Way
for Southeastern Michigan

From The Director



There were once two men sharing a hospital room. One of them had a condition that required him to lie flat and still. Due to his need for rest the curtain between the two men was always drawn. The other man was in the bed next to the window. He was on the road to recovery and enjoyed striking up conversations with his roommate. Even though the two couldn't see one another, they talked each day and struck up a friendship.

One day the man lying flat spoke of how much he missed getting outside. He asked his roommate what he could see outside as he sat by the window. His roommate was only too glad to share. The man next to the window described the park that the hospital overlooked. He shared vivid details of how the snow sparkled, how the ice glistened on the trees, and the blinding sun pierced the clear blue sky illuminating everything. This went on each day and the man lying still had his spirits lifted and he began to recover.

On one crisp winter morning, the bed-bound man awoke to find that his roommate had been discharged. He could hear the nurse readying the window side of the room for the next patient. He called out to the nurse to ask that the curtain be pulled back, so he could take a glimpse of the beauty outside. When the curtain was moved, the man turned his head to look out the window. The window faced a dull brick wall.

What a gift it is to offer others a hopeful perspective. What a difference it makes to share beauty and joy during challenges. What a gift it is to encourage one another. The Arc of Northwest Wayne County has given perspective and hope to countless families with loved ones who have developmental disabilities. When parents or siblings couldn't see beyond the dull brick wall of obstacles, The Arc NW offered encouragement. The Arc NW has been there when so many people needed advocacy, assistance, and a friend on the journey. At this season of giving, please consider giving back to The Arc to help continue the tradition of help, hope, and joy. Wishing you all joy and peace at this holiday season!

Gretchen Sanewsky, Executive Director
The Arc of Northwest Wayne County

Memorials

In Memory of Joanne Valenti

Nancy Gormley
Jon Stesiak
Brenda Neely

In Memory of John J Webley

Janet Webley

In Memory of William Hosbein

Marcy Fultz-Hayosh

In Loving Memory of Allison Allen

Marcy Fultz-Hayosh

Donations

Sylvia Kloc
Kristine Copeland
Jill Gerrie
Sam Bagenstos
Shirley Abar
Judith Piot
Mary Lubeck

In Honor of Katie Dooley

Cynthia Budd

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

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

After I'm Gone Program



January 10

“Transition Planning”

Speaker will discuss the legal requirements of IEPs regarding transition planning, career and interest assessments, student, family and school responsibilities, community resources, and how to make a smooth transition from school to post-school life.

January 17

“Opportunities for Life After School”

Speaker will discuss the different options for services after graduation including skill building, supported employment, community inclusion, and volunteering as well as getting the support that you need from the Mental Health System to create a meaningful day.

January 31

“How to Get What You Want Out of Life”

Speaker will discuss how to use Person Centered Planning and Self-Determination to live the life you want to live in your community.

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

What a great time everyone had at our recent Country Western Dance. It was held on Friday, Nov. 16, at Thurston High School. There was a lot of dancing and yummy cookies for everyone! Our raffle ticket winners were: **Jimmy Brooks, Tony Samborski, Candy Taylor, Stephen Wira, Nicole Brey, Grace Farron, Jacob Davis, Sue Clay, Duane Trombly, Kate Morganti, Christine Perrine and Shari Holly.**

Important JFC Calendar of Events:

Christmas Dinner/Dance, Saturday, Dec. 15, 5:00-9:30, Hellenic Center, Westland, MUST pre-pay \$15.00 at the Arc by Friday, Nov. 30, 2018

Hawaiian Luau Pizza Dance, Jan. 11, 6:30-9:30, Thurston High School, Front door entrance, MUST pre-pay \$5.00 at the Arc by Wednesday, Jan. 2, 2019

Valentine Dance, Feb. 8, 7:00-9:30, Thurston High School, Front door entrance

St. Patrick's Dance, March 15, 7:00-9:30, Thurston High School, Front door entrance

Chicken Dinner/Dance, Apr. 12, 6:30-9:30, Canton High School, MUST pre-pay \$5.00 at the Arc by Wednesday, Apr. 3, 2019

Ice Cream Social/Dance, May 10, 6:30-9:30, Canton High School, MUST pre-pay at the Arc by Wednesday, May 1, 2019

Happy Thanksgiving,
Jackie Norris

JUST FUN CLUB NEWS

Basketball season is starting but that also means 2018 is coming to an end. During this year Allison Allen of the Hot Shots passed away. She was always smiling, trying to help the coaches & other team players, not only with basketball but in all the sports in which she participated. For this reason the coaches & players of Hot Shot and Lightning basketball teams have dedicated the 2018-2019 season in Allison's honor. On Tuesday, December 4th 6:45pm at the first practice for both teams, Coach Holloway will be doing a dedication to Allison. This is going to be an emotional night because we'll also be saying farewell and happy retirement to Coach John Uetz. Coach Uetz was recruited by Coach Jim Holloway as a volunteer (for only one year) but as many of us know that one year turned out to be many more years, and he also became a Coach. Enjoy Florida, your life of retirement, and spending more time with your grandchildren. Thank you Coach John and your wife for all your time, love, and all you have done for the teams.

Basketball season starts the first week of December for all teams. **Coaches, check the dates of health forms and your volunteer forms looking for any dates that will be expiring on or before March 17, 2019 which is the final date of the state basketball tournament.**

Basketball dates: Feb. 16th Area Tournament, Feb. 23rd Milford Invitational, March 2nd Regional Tournament, March 15-17 State Tournament (Male teams must win both games at Regionals to qualify to attend the State Tournament). Hot Shot team will be attending. No qualifications needed for ladies team.

MOTHERS – SISTERS – AUNTS – WOMEN FRIENDS OF THE HOT SHOT BASKETBALL TEAM

CHAPERONES ARE NEEDED FOR THE HOT SHOT BASKETBALL TEAM WHEN THEY ATTEND THE STATE TOURNAMENT AT CALVIN COLLEGE IN MARCH. Please contact me or one of the coaches and we'll advise you of what forms you would need to complete. It's very, very easy.

Merry Christmas and Happy New Year to you and your families..... Janice Bearden

The Arc Sports News



The Arc.

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

Save the Date!



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

Dinner Dance Fundraiser

Open Bar * Dinner * Desserts * Dancing

Watch for your invitation in January, 2019!

February 23, 2019

Laurel Manor-Livonia



HOT TIPS FOR COLD WEATHER

HERE ARE OUR TOP 5 TIPS FOR WINTER SAFETY.

By [Julie Kenneally](#) February 12, 2014

Carbon Monoxide. This is a great time to make sure your home has a carbon monoxide alarm on every level, especially near sleeping areas, and keep them at least 15 feet away from fuel-burning appliances. If you're warming up a vehicle, don't forget to remove it from the garage immediately after starting it. It's extremely dangerous to leave a car, SUV or motorcycle engine running inside a garage.

Car Seats and Winter Coats. We know you want your little ones to be warm, but please don't buckle your child into a car seat while wearing a bulky coat. The coat can compress in a crash and create a loose car seat harness, putting your child at greater risk of injury in the event of a crash. Instead, lay the jacket over your children like a blanket once they're safely secured.

Sleep Safety. Extra blankets can seem so cozy in a baby's crib but soft bedding can block a baby's airway during sleep. A firm mattress covered with a tight-fitting crib sheet is all you need for your baby to sleep well. If you're worried about keeping your baby warm on those cold winter nights, try using a sleepsack (wearable blanket). They're pretty cozy, too.

Winter Sports. Kids love to push the limits when they're skiing or snowboarding. Make sure they wear helmets and other proper gear to keep them safe if they fall on the slopes. Kids also might not be inclined to drink as much water when they're playing in cold weather because they don't get as hot. Remind them to stay properly hydrated.

Fire Safety. Create and practice a home fire escape plan with two ways out of your house in case of a fire. This can be a fun activity for the whole family. And remember to keep space heaters at least three feet away from anything that can burn.

Have a fun and safe winter.

**SAFE
K:DS
WORLDWIDE™**

Weight Troubles Plague Kids With ASD, Developmental Delays Equally

by Shaun Heasley | November 9, 2018



Young children with autism and developmental delays face an equally high risk of obesity, new research suggests.

Children with developmental delays — including autism — are nearly 50 percent more likely than other kids to become overweight or obese at young ages, according to a new study.

The findings come from what researchers say is the first large study to show an equally high risk of obesity among those with autism and other developmental delays.

The study of kids ages 2 to 5 included 668 with autism, 914 diagnosed with developmental delays or disorders and 884 typically-developing children. All of the participants had their height and weight measured and information was gathered about their medical, behavioral and developmental histories from records, interviews and questionnaires.

Those with autism were 1.57 times more likely to be overweight or obese, according to findings published recently in *The Journal of Pediatrics*. The risk for youngsters with developmental delays was 1.38 times higher.

Moreover, researchers found that the risk for obesity varied even among those on the spectrum, with children displaying severe symptoms of autism 1.7 times more likely to be overweight or obese than others with more mild symptoms of the developmental disorder.

“We need more research to understand why these children are more likely to develop obesity, and which children are at the highest risk,” said Susan E. Levy who led the study and is medical director of the Center for Autism Research at the Children’s Hospital of Philadelphia.

Levy and her colleagues noted that other medical conditions common among those with autism like gastrointestinal and sleep issues as well as side effects from medications and rigid food choices may play a role.

Given the increased risk for weight problems among children with developmental disabilities, the researchers said that clinicians treating young kids in this population should pay special attention to their weight and give parents specific information about how to prevent obesity.

These findings make it clear that monitoring these children for excess weight gain at an early age is critical, and that prevention efforts should be expanded to include not just children with ASD, but those with other developmental diagnoses as well,” Levy said.

Not Just Surviving the Holidays: A guide for parents, grandparents, and friends to use while supporting persons with disabilities through this season of celebration and change.



Tips from CLC Network consultant and author Barbara J. Newman. ©Copyright CLC Network 2011


While Thanksgiving and Christmas often bring up those Hallmark memories for many of us, for some children and adults with disabilities, holidays signal an intense time of stress and distress. Often communicated with significant behavior changes, the underlying message might be “I’m overwhelmed”, “You changed my schedule”, “Why did you put a tree in our living room”, “There are too many people stuffed into this room”, or “I am on complete sensory overload”.

While all of these ideas won’t work with all people, here are some strategies for families and friends to try as you create a positive time of celebration for each family member.

1. Find some pictures of the celebration from last year. If it will be similar, put together a photo album or story of that event so that the individual can remember it in pictures and written words prior to attending a similar event this year.
2. Put together a schedule of events for your party. Whether in words and/or pictures, let the person know the planned order. Some individuals enjoy crossing off or removing the individual schedule items as they are completed.
3. Many times we redecorate or rearrange rooms to fit more people. If, for example, a larger group will be gathering at grandma and grandpa’s house, consider setting it up a day ahead and visiting that room without people in it. Let the individual explore the changes without the added stress of people. Perhaps leave something on a chair or in a certain place so that you can “reserve a spot” for the event when you arrive. The individual will know to find that space or item to make a more comfortable entry.
4. Give that individual a “job” to do. Perhaps you could assign an individual to be the photographer, back massager, coffee or beverage server, greeter (be the first to arrive and assimilate guests more slowly – often a better choice for some persons), or card distributor. Many times, a helping role will not only use the gifts of an individual, but it gives the person a clear sense of what to do in that environment.
5. Designate a “safe zone”. It might be helpful to show that family member a quiet and designated space in the home or building where there would be a calming and preferred activity. It might be a mini tramp, rocking chair, a favorite book, or quiet classical music in a more isolated space where one might be able to find a refuge if the senses get overloaded.
6. Who needs to know? Many times extended families get together, and yet cousins or friends may not really understand the individual with the disability. It might be helpful for parents or the person with the disability to send out a quick update to family members prior to an event that includes such topics as “How Brent has grown this year”, “Activities and topics Brent enjoys doing or discussing”, “Activities and topics to avoid with Brent”, “Some things that Brent may really enjoy when we gather for Thanksgiving”, “Some things that might be challenging for Brent at our Thanksgiving celebration” “Some gifts Brent might enjoy receiving” “Some gifts to avoid”. Giving information in advance can be a powerful way to put people at ease while also arming well-meaning relatives with some quick strategies to try.
7. “It is better to give than to receive” – and many times we think our family member with a disability should only be the recipient of gifts, and not the giver. How important it is for all of us to have a chance to give. How can that person use an area of interest or gifting to provide something for others? Would it be the gift of a dance or song? Could that individual provide the cookies for dessert? Might that person enjoy a trip to a dollar store to pick out something for each guest or family member? What about a wall decoration or a note card for each guest with a favorite picture of an animal or area of interest? Find a way for that individual to also receive the joy of giving!

This holiday, make a difference while you shop

Shop for holiday gifts and supplies at smile.amazon.com and Amazon donates

You shop. Amazon donates.




Please designate
[Arc of Northwest Wayne County](#) to receive a donation from purchases you make through smile.amazon.com
Thank you!

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

Achieve with us.



Giving is not just about making a donation.

It is about making a difference.

~ Kathy Calvin, President and CEO of the United Nations Foundation

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) ay 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:

<http://www.thearcnw.org/2018/10/15/volunteers-needed/>



JFC

Christmas Dinner Dance

Saturday, December 15

5:00 - 9:30pm

Hellenic Center

Westland

MUST pre-pay \$15

at The Arc by November 30



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.**

December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1  Bowling 9:30am Oak Lanes Guys & Dolls Bowling 1:15 Check-In Oak Lanes
2 Hanukkah Begins 	3  Wolverines 7 - 8pm Cooper <hr/> Pistons 7 - 8pm Riley North Gym	4  Hotshots 6 - 7pm Lightning 7 - 8pm Cooper	5	6	7	8  Guys & Dolls Bowling 1:15 Check-In Oak Lanes
9	10  Wolverines 7 - 8pm Cooper  Pistons 7 - 8pm Riley North Gym	11  Hotshots 6 - 7pm Lightning 7 - 8pm Cooper	12 <div style="border: 1px solid red; padding: 5px; text-align: center;"> Board Meeting @5pm Holiday Party </div>	13	14	15  Bowling 9:30am Oak Lanes <div style="border: 1px solid red; padding: 5px; text-align: center;"> JFC Christmas Dinner Dance Hellenic Center </div>
16	17  Wolverines 7 - 8pm Cooper  Pistons 7 - 8pm Riley North Gym	18  Hotshots 6 - 7pm Lightning 7 - 8pm Cooper	19	20	21	22  Guys & Dolls Bowling 1:15 Check-In Oak Lanes
23/30	24/31 Wolverines 7 - 8pm Cooper  Pistons 7 - 8pm Riley North Gym	25  <div style="border: 1px solid red; padding: 5px; text-align: center;"> Arc office closed Dec. 24. thru Jan. 1, 2019 </div>	26	27	28	29 Bowling 9:30am Oak Lanes  Guys & Dolls Bowling 1:15 Check-In Oak Lanes

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
















The Arc NW Office will be open on
 January 2, 2019

Friend us on Facebook
 The Arc of Northwest Wayne County




Facebook

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 	2 <div style="border: 2px solid blue; padding: 5px; display: inline-block;">The Arc NW Office is Open Today</div>	3	4	5  Guys & Dolls Bowling 1:15 Check-In Oak Lanes
6	7  Wolverines 7 - 8pm Cooper <hr/> Pistons 7 - 8pm Riley North Gym	8  Hotshots 6 - 7pm Lightning 7 - 8pm Cooper	9	10 <div style="background-color: yellow; padding: 5px; display: inline-block;">AIG Transition Services 6:30pm - 8:30pm</div>	11  JFC Hawaiian Luau Pizza Dance 6:30-9:30 Thurston HS	12  Bowling 9:30am Oak Lanes <hr/> Guys & Dolls Bowling 1:15 Check-In Oak Lanes
13	14  Wolverines 7 - 8pm Cooper <hr/> Pistons 7 - 8pm Riley North Gym	15  Hotshots 6 - 7pm Lightning 7 - 8pm Cooper	16	17 <div style="background-color: yellow; padding: 5px; display: inline-block;">AIG Opportunities for Life After School 6:30pm - 8:30pm</div>	18  Hold 'Em Poker/Millionaire Party	19  Guys & Dolls Bowling 1:15 Check-In
20	21  Wolverines 7 - 8pm Cooper <hr/> Pistons 7 - 8pm Riley North Gym	22  Hotshots 6 - 7pm Lightning 7 - 8pm Cooper	23	24	25	26  Bowling 9:30am Oak <hr/> Guys & Dolls Bowling 1:15 Check-In Oak Lanes
27	28  Wolverines 7 - 8pm Cooper <hr/> Pistons 7 - 8pm Riley North Gym	29  Hotshots 6 - 7pm Lightning 7 - 8pm Cooper	30	31 <div style="background-color: yellow; padding: 5px; display: inline-block;">AIG How to Get What You Want Out of Life 6:30pm - 8:30pm</div>		

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26049 Five Mile Road
Redford, Michigan 48239
313-532-7915

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