Dear Friends,

I hope everyone had a wonderful and restful summer! One of my favorite summer treats is frozen yogurt, especially homemade. One year my daughter was given a yogurt maker for her birthday, and we decided to give it a try. Much to our surprise, the yogurt recipe called for…yogurt. What? We thought the recipe would require ingredients like milk and lactobacillus bacteria, not some of the end product to make more of the same. Reluctantly, we tried it. The beginning amount of yogurt acted like sour dough starter for bread and seemed to multiply the added ingredients into a batch of delicious new yogurt. Sometimes it takes what you already have to create something more wonderful!

At The Arc NW we feel this way about your membership. We already have amazing members and we want to make membership a more meaningful and wonderful experience! We appreciate how our members make a huge difference in helping to build inclusive communities!

All Arc NW members should have received a membership renewal letter this summer. This letter explains that in the past, your membership renewal date was one year from the time you paid your membership dues. To simplify the process, everyone will now renew their membership on September 1 of each year. If you have already renewed your membership for 2020, you are all set. You won’t pay again until September 1, 2020. If you have not yet renewed your membership for 2020, please do so on our website www.thearcnw.org or call Lana Richardson at 313-532-8524.

We updated some of the membership choices for your benefit. Individual membership remains the same as always. The family/group home membership now includes the extra membership fees for Just Fun Club and Lekotek. We’ve added a new category for organizations.

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Cost</th>
<th>Eligibility Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual</td>
<td>$25</td>
<td>Additional membership fees: $5 to join Just Fun Club $15 to join Lekotek</td>
</tr>
<tr>
<td>Family</td>
<td>$50</td>
<td>An individual and his/her family or a group home with multiple residents. This level includes the additional membership fees for both Just Fun Club and Lekotek.</td>
</tr>
<tr>
<td>Organization</td>
<td>$100</td>
<td>Businesses, nonprofits, community groups, or government entities that support people with disabilities.</td>
</tr>
</tbody>
</table>

Please invite others to become members of The Arc NW so we can expand the great work we do assuring that people with intellectual and developmental disabilities lives the lives they choose and live their lives to the fullest!

With Gratitude,

Gretchen Sanewsky
Executive Director
OFFICERS

PRESIDENT  Kathy Pfuhler
VICE PRESIDENT  Greg Wittrock
SECRETARY  Rana Ramouni
TREASURER  Susan Gardynik
PAST PRESIDENT  Jean Walsh

DIRECTORS
Marianne Licari  Heidi Warren
Ryan Klotz  Bill Winkler
Roxanne Riggio

STAFF
Executive Director:  Gretchen Sanewsky
Advocacy & Community Resource Director:  Michelle Driscoll
Director of Development:  Wendy Ernzen
Programs & Services Assistant:  Sandra Dobson
Advocate:  Chesley Giertz
Lekotek Play Leader:  Lana Richardson
Lekotek Librarian:  Katie Perkins
Claims Processor:  Amy Pomicter
Accounts Payable Clerk:  Diamond Watkins
Office Manager:  Latrice Wilborn

Achieve with us.
New Arc NW Staff

Please welcome **Diamond Watkins**-Accounts Payable Clerk

If you come to The Arc to drop off receipts or to pick up checks, you will be greeted by Diamond’s smiling face. She is responsible for tracking and paying household expenses for people served by The Arc NW. She is also responsible to oversee respite payments and worker’s compensation for direct hire staff.

Diamond is completing her Associates Degree in Business Administration at Wayne County Community College and has completed her bookkeeping certificate. She has experience in accounts payable, office management, data entry, customer service, and is proficient in QuickBooks. Diamond has a personal connection with the mission of The Arc as she has a young niece with disabilities.

The Arc NW is excited to have her on the team! Please stop by to introduce yourself.

New Lekotek Playroom

Thanks to volunteer **Luke Contos**!

The Arc NW Lekotek playroom has moved to make room for an office for our Director of Development, Wendy Ernzen. You will notice new storage shelves in the conference room for some of the toys.

But most exciting is the new playroom in the space that used to be for toy storage behind Lana’s office. When you walk in, the first thing you see are bright, cheerful colors, a brand new ball pit, and a soft rainbow-colored floor. Luke Contos donated MANY hours to tearing down old shelves, repairing walls, sanding, painting, and cleaning the new room.

The Lekotek team of Lana and Katie (pictured above) are SO grateful for Luke’s gift of time and talent. We know all The Arc families will enjoy the fun space of this new room.

If you know someone who would like to try the Lekotek play program, please have them call The Arc NW 313-532-7915 and ask for Lana.
After I'm Gone Program
Person Centered Planning and Self-Determination

September 19, 2019
at Western Wayne Skill Center/Garfield Community School

October 9, 2019
at Roosevelt-McGrath Elementary School

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

New and Continuing Arc NW Board Members 2019-2020
Elected by Arc NW membership at the annual meeting May 2019.

<table>
<thead>
<tr>
<th>Arc NW Board Officers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kathy Pfuhler</td>
</tr>
<tr>
<td>Greg Wittrock</td>
</tr>
<tr>
<td>Rana Ramouni</td>
</tr>
<tr>
<td>Susan Gardynik</td>
</tr>
<tr>
<td>Jean Walsh</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Arc NW Board Directors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ryan Klotz</td>
</tr>
<tr>
<td>Marianne Licari</td>
</tr>
<tr>
<td>Roxanne Riggio</td>
</tr>
</tbody>
</table>
September Sport News
I hope everyone had a great summer and you’re still enjoying it. Currently Baseball and Soccer are in still in play with the Fall Classic Tournament taking place in Canton the weekend of September 21 and 22. Also during this weekend at the Fall Classic Dance the winning three tickets will be drawn for the Special Olympic Raffle. Good luck to all of us and thank you to everyone who sold tickets.

Floor Hockey will be starting in September. Please see The Arc calendar on the last page of this newsletter for this information. The date for Poly Hockey Area tournament is October 12. The State Poly Hockey tournament, an overnight event, will be held November 23rd and 24th in Lansing.

I SAY THIS EVERY SPORT’S SEASON.......Coaches for Poly Hockey check now for any expiring health forms, certifications for your athletes, volunteers, and yourself before you send me names of players and volunteers to enter into GMS. This eliminates lots and lots headaches for me, you, parents & the Area director.
See you at the Fall Classic – Janice

Ps: The Bowling Leagues will be starting in September. These leagues are NOT a Special Olympic sport. See bowling articles for date & time.
Robin Cook is in her first year as a Master of Social Work (MSW) student at Wayne State. She has experience as a behavior technician working with children with autism and as a substitute teacher working with children of all ages. Robin has been a direct care worker for a person served by The Arc NW. She hopes to graduate with her MSW in May of 2020 and is seeking a career as a social worker in healthcare and/or working with people who have disabilities. Robin will be mainly working alongside Michelle Driscoll and Chesley Giertz at The Arc NW in the area of advocacy. She will be working with us on Mondays and Tuesdays during the fall semester. We look forward to all the gifts she will bring and to being part of her career path. Please stop by and give her a warm welcome!

Sadfah Shohatee is a senior at Wayne State aiming to earn her Bachelor of Social Work degree in May of 2020. She currently works at the WSU Student Disability Services office. She has extensive volunteer service experience with youth and in the Capuchin Soup Kitchen. Sadfah is seeking to explore careers working with people with disabilities.

At The Arc NW she will mainly work with Wendy Ernzen and Lana Richardson to help create community partnerships to expand the Lekotek program. She will be with us on Mondays and Wednesdays during the fall semester. We look forward to contributing to her education and to all the gifts she will bring to The Arc. Please stop by and give her a warm welcome!

Lend your support while gearing up for school
Shop at smile.amazon.com and Amazon donates.

Did you know that for "back to school" shopping - or any shopping that you might do online - you can use smile.amazon and designate a small donation to The Arc of Northwest Wayne County each time you make a purchase? It works just like regular amazon for online shopping. Fast & easy! Thank you!
Welcome back to another exciting and fun filled year for all of our JFC members! The following is a list of our 2019-2020 Events calendar:

**Sept. 6**  *Hot-dog Roast*  5:00-7:00, Livonia Rotary Park, Livonia
**Oct. 11**  Halloween Dance 6:30-9:00, Thurston High School, Redford
**Nov. 15**  *Hawaiian Luau Pizza Dance*  6:30-9:00, Thurston High School, Redford
**Dec 8**  *Christmas Dinner Dance*  2:00-6:30, Hellenic Center, Westland
**Jan. 10**  Country Western Dance 6:30-9:00, Thurston High School, Redford
**Feb. 14**  Valentine's Dance 6:30-9:00, Thurston High School, Redford
**Mar. 13**  St. Patty’s Dance 6:30-9:00, Thurston High School, Redford
**Apr. 17**  *Chicken Dinner Dance*  6:30-9:00, Canton High School, Canton
**May 8**  *Ice Cream Social*  6:30-9:00, Canton High School, Canton

EVERYONE attending MUST pre-pay at the Arc for these 5 events. The asterisk indicates ALL pre-pay events. All the other events are pay at the door.

We would like to welcome back all of our current members to the JFC who have just rejoined for $5.00 for the 2019-2020 year. If you are NOT a member of the JFC, please call (313-532-7915) and ask for Lana Richardson. Our membership packets were mailed out the first week of August. After you have returned your membership information to The Arc, a badge with your name on it will be passed out at the hot-dog roast. You must wear this badge to each of the monthly events you attend. We are looking forward to seeing everyone on September 6th!

Jackie Norris  
Chairperson
**Family Alliance Network**

**Fall 2019 Enrichment Program**

**Fall Enrichment Program**
$10.00 Registration Fee

<table>
<thead>
<tr>
<th>Registration</th>
<th>Pre-Registration</th>
<th>Drop In</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A + Y + C #002</strong></td>
<td>Learn to Play &quot;CHESS&quot; #003</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Living Skill Saturdays #004</strong></td>
<td><strong>ASL 101 #005</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Hang Out Fridays #010</strong></td>
<td><strong>Parent Support Night #027</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Dressed Apple Craft Day #038</strong></td>
<td><strong>Smoothie Making #039</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Hang Out Fridays #040</strong></td>
<td><strong>Fine Dining Etiquette 101 #041</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CPR/First Aid Training</strong></td>
<td><strong>CPR/First Aid Training</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- CPR/First Aid Training
  - Infant, Child & Adult training – with a certified instructor
  - After the completion, receive a 2-year certification
  - Pre-registration $90.00

- **A + Y + C (Autism + Yoga = Concentration)**
  - Wellness Wednesday Yoga
  - This yoga class uses the combination of breath and movement to create calm and clarity of mind. Emphasis on deep breath-based breathing will help students learn to respond versus react to stressful stimuli.
  - Ages: 6 – 16
  - 5:30pm – 6:30pm
  - Drop in class: $12.00
  - Six-week package: $60.00 (5% savings)
  - Wednesday, September 18 – October 23, 2019

- **ASL - American Sign Language 101**
  - Learn the art of signing for learners of all abilities, providing students communicative opportunities in and outside of the classroom to bridge the gap between the hearing and deaf communities.
  - 5:30pm – 9:30pm
  - Tuesdays, September 17 – October 24, 2019
  - Drop in class: $30.00
  - Six-week package: $150.00

- **Learn to Play "CHESS"**
  - Learn the art of chess, strategies to improve critical thinking skills, focus & patience.
  - Chess is a sport that exercise the most important organ in our bodies: the brain.
  - Ages: 6 – 16
  - 5:30pm – 6:30pm
  - Drop in class: $10.00
  - Six-week package: $50.00
  - Thursday, September 19 – October 18, 2019

- **Hang Out Fridays**
  - September 20th – October 20th
  - Come meet friends, play games, socialize and enjoy a meal.
  - Third Friday of the month, September 20th, October 18th, November 15th, December 20th, 2019
  - Ages: 6 – 16
  - 5:30pm – 6:00pm
  - Pre-registration $40.00 a class or drop in: $45.00

- **Parent Support "Hang Out" Night**
  - Time: 7:00 – 8:30 pm
  - This will include speakers in the field of disabilities, pamper night, game night, holiday events, nutrition, and craft projects.
  - Call each month for third Thursday topics.
  - Third Thursday of the month: September 19th, October 17th, November 21st, December 19th, 2019
  - Pre-registration: $10.00 drop in: $20.00

- **Caramel Apple Craft Day**
  - Hands on holiday craft.
  - Saturday, October 26, 2019
  - 11:30am – 1:30pm
  - Pre-registration: $6.00 an apple design - drop in class: $10.00

- **Had your “Smoothie Today?”**
  - Healthy Alternative Drinks
  - Hands on Smoothie making class using fruits and veggies
  - November 1, 2019
  - 6:00pm – 8:00 pm
  - Pre-registration $10.00 per smoothie
  - Drop in: $15.00 per smoothie

- **Fine Dining Etiquette 101**
  - Table manners have evolved to make the practice of eating with others pleasant and sociable. When you teach your child good table manners, you are giving them important tools for social interaction that will serve them for the rest of their lives.
  - This is a 4-week class with an optional 5th class at one of our fine restaurants in Metro Detroit to practice their learned skills.
  - Saturdays, September 28th, October 5th, 12th, 19th
  - 5th class TBD
  - 4:30 pm – 6:30 pm
  - Pre-registration: $40.00 - a class or drop in: $45.00

25145 W 65th Rd, Rosemoor, MI 48049 • 734-452-9978
FAMILYALLIANCE@GMAIL.COM • FAMILYALLIANCE.NET
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.

Todd & Kinza Luchies
Jason & Rene Easton
Stephan Kanyo
Chris & Julie Waqrum
Colleen Hallmark
Elizabeth Ferari
Scott Elliott
Fran Ficara
Tom Stebbins

Thank You
Memorials

In Memory of Nancy Barnes
Kelly Schoenner

In Memory of Baby Adam
Lana Richardson

The Arc NW recently learned of the death of Sean Radon, the son of Mitchell and past Board Member and Board President Janice Radon. Along with his family, Sean was a long time member and ardent supporter of The Arc NW.

In many ways Sean exemplified our mission; he lived a very good and full life. We will miss Sean and offer our condolences to his many friends and to his family.

The Radon family asks that Memorial gifts in Sean’s name be made to The Arc NW.

The Arc NW Office Hours

Office Hours Starting
Tuesday, September 3, 2019
Monday – Friday 8:30 am to 4:30 pm

The office will be closed on Labor Day September 2.

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
### September 2019

#### The Arc of Northwest Wayne County

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

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Early Birds Morning Bowling League 9:00am Oak Lanes</td>
</tr>
<tr>
<td></td>
<td>Arc Office Closed Labor Day</td>
<td>Baseball Wolverines Garfield/Western Wayne Skill Center 7-8pm</td>
<td>Soccer Hotshots &amp; Wizards Emerson School 7 - 8pm</td>
<td>Soccer Wolverines Emerson School 6 - 7pm</td>
<td>JFC Hot Dog Roast 5 - 7pm Livonia Rotary Park</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Baseball Diamonds Emerson School 6 - 7pm</td>
<td>Soccer Hotshots &amp; Wizards Emerson School 7 - 8pm</td>
<td>Poly Hockey Wings Riley Middle School 7 - 8pm (Tuesdays 9/10-11/19)</td>
<td>Soccer Wolverines Emerson School 6 - 7pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Early Birds Morning Bowling League 9:00am Oak Lanes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Baseball Wolverines Garfield/Western Wayne Skill Center 7-8pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Baseball Diamonds Emerson School 6 - 7pm</td>
<td>Soccer Hotshots &amp; Wizards Emerson School 7 - 8pm</td>
<td>Soccer Wolverines Emerson School 6 - 7pm</td>
<td>Fall Classic for Baseball &amp; Soccer weekend of September 21 &amp; 22.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Fall Classic for Baseball & Soccer weekend of September 21 & 22.**

<table>
<thead>
<tr>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Poly Hockey Starts Wolves Emerson School 6 - 7pm (Tuesdays 9/24-11/19)</td>
<td>Poly Hockey Starts Wolves Emerson School 6 - 7pm (Tuesdays 9/24-11/19)</td>
<td>Krazy Kopz Millionaire Parties/Texas Hold ‘Em 2019 - 2020 to benefit The Arc of Northwest Wayne County @ Vision Lanes 38250 Ford Rd. (at Hix Rd.) Westland, MI 48185 Thursday, October 3rd through Sunday October 6th Thursday and Friday evenings from 6:00pm to 2:00am Saturday and Sunday from 10:00am to 6:00pm</td>
</tr>
</tbody>
</table>

**Guys & Dolls Afternoon Bowling 1:30pm Start Time Oak Lanes**

**Guys & Dolls Afternoon Bowling 1:30pm Start Time Oak Lanes**

**Guys & Dolls Afternoon Bowling 1:30pm Start Time Oak Lanes**

**The Arc NW Board Meeting September 10 6:30pm Arc Office**

**Friend us on Facebook The Arc of Northwest Wayne County**

**Instagram**
Membership Application

Member Name(s) ________________________________________________________________

Address

City ___________________________ State ______________________            ZIP_______________

Daytime Phone ___________________________________________________________________

Email Address ___________________________________________________________________

PHOTO DISCLAIMER: By joining The Arc NW I am agreeing to have my image used for printed and online marketing efforts.
Signature: __________________________

Membership Dues

O New Member
O Renewing Member

DONATIONS

O $25 Individual Membership
O $50 Family Membership
O $100 Organization
O $100 Organization

Additional Membership Fees: $5 to join Just Fun Club
$15 to join Lekotek

An individual and his/her family or a group home with multiple residents. Includes additional membership fees for Just Fun Club and Lekotek.

Businesses, non-profits, community groups, or government entities that support people with disabilities.

Achieve with us!