



Northwest Wayne County

Inside The Arc

September 2019

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.

Membership Type	Cost	Eligibility Requirements
Individual	\$25	Additional membership fees: \$5 to join Just Fun Club \$15 to join Lekotek
Family	\$50	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.
Organization	\$100	Businesses, nonprofits, community groups, or government entities that support people with disabilities.

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



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 Meeting
 September 10, 2019

2019- 2020 Board of Directors

OFFICERS

PRESIDENT **Kathy Pfuhrer**

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 Erzen
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.

Ball for All-Arc NW Dinner Dance 2020!



Mark your calendars for Leap Day, February 29, 2020 for the next Arc NW Dinner Dance! You don't have to wait until then to be involved! We need volunteer help getting save-the-date postcards ready to mail.

Volunteer to help:

When: Tuesday, September 24, 2019 9:00-11:00 AM

Where: The Arc NW conference room

How: Call Lana Richardson at 313-532-7915 ext. 206.



FREE Family Engagement Training

Two separate events will be offered at each location:

- 1) an afternoon session training advocacy organizations, educators, employment providers and other stakeholders on the use of parent and professional training curriculum(s) to help parents see competitive employment as a possibility for their loved one
- 2) an evening session targeting individuals with disabilities and families on exploring competitive employment as a possibility

Locations:
 Troy, MI 9/16/19
 Grand Rapids, MI 9/17/19
 Marquette, MI 9/19/19

Registration will open August 5th at www.maro.org. Space is limited.



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

To learn more or to volunteer contact Pat Zagar at

pzagar3@gmail.com or call The Arc NW office at 313-532-7915

*** MARK YOUR CALENDARS *** You won't want to miss it!

More Millionaire Parties coming in January, April and October of 2020





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 Erzen. 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.

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

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.

Information sessions are held monthly
during the school year at

**Western Wayne Skill Center/Garfield
Community School**

10218 Arthur St., Livonia, MI 48150

and at

Roosevelt-McGrath Elementary School

36075 Currier in Wayne

6:30pm - 8:30pm

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

info@thearcww.org

mdriscoll@thearcnw.org

**Check our website for info on webinars beginning in
October! www.thearcnw.org**

New and Continuing Arc NW Board Members 2019-2020

Elected by Arc NW membership at the annual meeting May 2019.

Arc NW Board Officers	
Kathy Pfuhler	President
Greg Wittrock	Vice President
Rana Ramouni	Secretary
Susan Gardynik	Treasurer
Jean Walsh	Past President
Arc NW Board Directors	
Ryan Klotz	Heidi Warren
Marianne Licari	Bill Winkler
Roxanne Riggio	<i>Thank you for serving!</i>



THE ARC OF NORTHWEST WAYNE COUNTY AND
FLEMING'S STEAKHOUSE PRESENT

SIP & SUPPORT

October 28 2019 • 5:00 PM - 7:00 PM

Fleming's Steakhouse

17400 Haggerty Rd, Livonia, MI 48152

Taste delicious wine and appetizers for only \$50.

Space is limited. [Click here for info and tickets.](#)

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

The Arc Sports News

Ps: The Bowling Leagues will be starting in September. These leagues are NOT a Special Olympic sport. See bowling articles for date & time.

GUYS & DOLLS

SATURDAY AFTERNOON BOWLING

OAK LANES

NEW Bowlers/For more info please contact:

Jim Gallas 248-318-8856 (cell) or

jagallas@comcast.net



NEXT SEASON will start Saturday

September 7, 2019

1:30pm Start Time

Bowlers please arrive by 1:15PM

Two Games Each Saturday at a cost of \$6 for the day

The Arc Early Birds Bowling League



Morning Bowling will resume Saturday
September 7, 2019 at 9:00AM.

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.

WELCOME to The Arc NW!!



Social Work Interns 2019-2020

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](https://smile.amazon.com) 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!**



Siblings Weaving Personal Networks

presents a **free** seminar on

Building Intentional Support Circles

a seminar for people who have a brother or sister with a developmental disability residing in Wayne County

Tuesday September 17th

or

Tuesday October 1st

at

**The Arc Western Wayne County
2257 South Wayne Road
Westland, MI 48186**

from

6:00 p.m. to 9:00 p.m.

Pizza, salad and soda included

Please **RSVP** by **September 10th** to Diann Dudash at
diann@thearcww.org or 734-729-9100
Space is limited to 25 people for each seminar

The Siblings Weaving Personal Networks project is funded through a grant from the Michigan DD Council and is facilitated by The Arc Western Wayne County and Community Drive. It is intended to increase the community connections and personal networks for individuals with Intellectual and other Developmental Disabilities with the assistance of their sibling and sibling supporters using the tool of Support Circles.



JUST FUN CLUB NEWS

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

Ginger Bread House Contest
 December 14, 2019
 Time: 1:00 - 3:30 p.m.
 Bring your creative hands to design your ginger bread house.
 Supplies are included –
 Seating is limited
 Pre-registration \$30.00 *only
 Includes a minimum of 2 people per design
 Supplies included – Welcome to bring extra items.

Proceeds to benefit
 Family Alliance Network – Scholarship Fund

Understanding the First Steps (UTFS)
 Understanding the First Steps is a leadership program aimed at young adults to advance their employability knowledge in the workforce. UTFS program will consist of six sessions held on Monday for two hours. Session will tackle the fundamentals of instructional learning required to complete online applications, resume building, new hire employment forms, interviewing skills, team work and workplace etiquette. The leadership program will invite guest speakers to reinforce the program sessions.

First session: encourage communication and team participants
 Second session: draft skills and interest for resume and complete online applications
 Third session: This session work on time management and tools for organization
 Fourth session: Preparing for interview - practice selling themselves with their presentations
 Fifth session: Attire for the workplace and lunch dining etiquette. Being presentable and respectful in the workplace.
 Sixth session: Human Resources to conduct mock interviews

Age: 16-25
 4:30 pm - 6:30pm
 Pre-registration \$60.00 a session
 Drop in sessions \$65.00 a session
 Mondays, September 30 - November 4, 2019

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



Fall Enrichment Program
\$10.00 Registration Fee

Registration	Pre-Registration	Drop In	Total
A + Y = C #202			
Learn to Play "CHESS" #203			
Living Skill Saturdays #204			
ASL 101 #205			
Hang Out Fridays #206			
Parent Support Night #207			
Caramel Apple Craft Day #208			
Smoothie Making #209			
Hang Out Fridays #210			
Fine Dining Etiquette 101 #211			
Ginger Bread House Contest			
UTFS			
CPR/First Aid Training			
Registration (non-refundable)			\$10.00
Total Amount Due			

- Minimum of 6 people to hold program
- Refunds 25% on paid programs



26146 W 6 MILE RD, REDFORD, MI 48240 • 313-450-9088
 FAMILYALLIANCENETWORK@EMAIL.COM • FAMILYALLIANCENETWORK.NET

Now Enrolling



Family Alliance Network
Fall 2019
Enrichment Program

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 conscious breathing will help students learn to respond versus react to stressful stimuli.

Age: 8 - 16
 5:30pm - 6:30pm
 Drop in class \$12.00
 Six-week package \$60.00 (\$2.00 savings)
 Wednesday, September 18 – October 23, 2019

Program #202



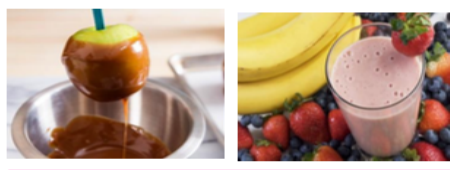
ASL - American Sign Language 101
 Learn the art of signing for learners of all abilities, providing students communicative opportunities in- and outside of the classroom to bridge the gap between the hearing and Deaf cultures.

5:30pm - 6:30pm
 Tuesdays, September 17, 24, October 1, 8, 15, 22, 2019
 Drop in class; \$30.00
 Six-week package \$150.00

Program #205

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

Program #208



Had your "Smoothie Today?"
 Healthy Alternative Drinks
 Hands on Smoothie making class using fruits and veggies
 November 1, 2019
 11:30am - 1:30pm
 Pre-registration \$10.00 per smoothie
 Drop in \$15.00 per smoothie

Program #209



Learn to Play "CHESS"
 Learn the art of chess strategies that improve critical thinking skills, focus & patience. Chess is a sport that exercise the most important organ in our bodies: the brain.

Ages: 8+
 5:30pm - 6:30 pm
 Drop in class \$50.00
 Six weeks package \$240.00
 Thursday, September 19 - October 18, 2019

Program #203

Hang Out Fridays
 September 20th - December 20th
 Come meet friends, play games, socialize, craft and enjoy a meal

Third Friday of the month - September 20, October 18, November 15, December 20, 2019
 Age: 8-16
 6:00pm - 9:00 pm.
 Pre-registration \$40.00 a class or drop in \$45.00

Program #206

Come out meet friends, play games, craft, socialize and enjoy a meal.
 Second Friday of the month - September 13, October 11, November 8, December 13, 2019
 Age: 16- 24
 6:00pm - 9:00 pm.
 Pre-registration \$40.00 a class or drop in \$45.00

Program #210

Living Skill Saturdays
 Learning skills of pressing/ironing pants, shirts and basic sewing to stitch pants, sew buttons on your outfits. How to hem your skirt or pants for your special events.

Class will repeat - Choose your Saturday
 11:30am - 1:00pm
 Saturday, September 14, 21, 28, 2019
 Drop in class \$25.00
 Pre-registration: \$20.00

Program #204

Parent Support "Hang Out" Night
 Time: 7:00 - 8:30 p.m.
 This will include speakers in the field of disabilities, pampers night, game night, holiday events, nutrition care, and craft projects.

Call each month for third Thursday topics.
 Third Thursday of the month-September 19th, October 17th, November 21st and December 19, 2019
 Pre-registration \$10.00 - drop in \$20.00

Program #207

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 TBA
 4:30 pm - 6:30 pm
 Pre-registration \$40.00 - a class or drop in \$45.00

Program #211

Donations

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

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.



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.

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 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.



September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Arc Office Closed Labor Day	3 Baseball Diamonds Emerson School 6 - 7pm	4	5	6 JFC Hot Dog Roast 5 - 7pm Livonia Rotary Park	7 Early Birds Morning Bowling League 9:00am Oak Lanes
	Baseball Wolverines Garfield/Western Wayne Skill Center 7-8pm	Soccer Hotshots & Wizards Emerson School 7 - 8pm	Soccer Wolverines Emerson School 6 - 7pm			Guys & Dolls Afternoon Bowling 1:30pm Start Time Oak Lanes
8	9	10 Baseball Diamonds Emerson School 6 - 7pm	11	12	13	14
	Baseball Wolverines Garfield/Western Wayne Skill Center 7-8pm	Soccer Hotshots & Wizards Emerson School 7 - 8pm	Poly Hockey Wings Riley Middle School 7 - 8pm (Tuesdays 9/10-11/19)	Soccer Wolverines Emerson School 6 - 7pm		Guys & Dolls Afternoon Bowling 1:30pm Start Time Oak Lanes
15	16	17 Baseball Diamonds Emerson School 6 - 7pm	18	19	20	21
	Baseball Wolverines Garfield/Western Wayne Skill Center 7-8pm	Soccer Hotshots & Wizards Emerson School 7 - 8pm	Soccer Wolverines Emerson School 6 - 7pm		Fall Classic for Baseball & Soccer weekend of September 21 & 22.	Early Birds Morning Bowling League 9:00am Oak Lanes
						Guys & Dolls Afternoon Bowling 1:30pm Start Time
22	23	24	25	26	27	28
Fall Classic for Baseball & Soccer weekend of September 21 & 22.	Poly Hockey Starts Wolverines Cooper Middle School 7 - 8pm (Mondays 9/23-11/18)	Poly Hockey Starts Hotshots Riley Middle School 6-7 pm (Tuesdays 9/24-11/26)				Guys & Dolls Afternoon Bowling 1:30pm Start Time Oak Lanes
29	30	The Arc NW Board Meeting September 10 6:30pm Arc Office		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		

CHECK IT OUT!

The Arc of Northwest Wayne County's
Web Site
thearcnw.org





26049 Five Mile Road
Redford, MI 48239

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Each edition of this newsletter is prepared for mailing by volunteers from Zeta Tau Alpha.



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

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

- New Member
- Renewing Member
- \$25 Individual Membership** Additional Membership Fees: \$5 to join Just Fun Club \$15 to join Lekotek
- \$50 Family Membership** An individual and his/her family or a group home with multiple residents. Includes additional membership fees for Just Fun Club and Lekotek.
- DONATIONS** \$100
- \$25 \$150
- \$50 \$ ___ Other **\$100 Organization** Businesses, non-profits, community groups, or government entities that support people with disabilities.
- \$75

Achieve with us!