

Inside The Arc

Northwest Wayne County

May 2020

Arc NW Response to COVID-19

The Arc NW continues to follow CDC guidelines and the orders put forth by Michigan's Governor Whitmer. The stay-home-stay-safe order for Michigan is extended through May 15, 2020. The Arc NW staff will continue to work remotely, with someone in the office most days. The building will be closed to the public through the end of May, but you may drop off paperwork through the mail slot or call ahead for someone to meet you at the door. See The Arc NW Facebook page and website for updates as we get closer to May 15.

Governor Whitmer, in her press briefing on April 13, 2020, said she will consider four things in deciding when to reopen Michigan's economy including: lowering rates of infection, being able to test and keep track of people who get the virus, having enough room in hospitals in case more people get sick later on, and having ways for people to stay healthy at work. She also said that our staying at home is working and less people are getting sick. (MLive 4/13/2020)

The Arc NW is open and still serving people. At least one person is in the office each day and other staff are working from home every day. You can always reach us by phone by calling 313-532-7915 and leaving a message on Gretchen's extension 203. Someone will return your call as quickly as possible. You can find a resource page on COVID-19 and our latest updates on our website www.thearcnw.org and our Facebook page @arcnorthwestwaynecounty. We are here to help and support you no matter what!

Here are some more things The Arc NW is doing to ensure everyone's health and to serve our members:

- Distributed COVID-19 informational booklet
- Cancelled and postponed events
- Offered Zoom video conferencing to all who wish to use it to connect
- Made wellness calls to Lekotek families and all Arc NW volunteers
- Created COVID-19 resource page on website
- Use social media to provide updated information on the pandemic
- Keeping entire staff team on the job to advocate and serve members
- Partnering with other agencies to ensure individuals have direct care professionals
- SOS (supplies of safety) drive to ensure members and staff have protective equipment
- Providing frequent communication about policy changes and precautions
- Applying for grant funds to bolster The Arc NW's ability to respond to members' needs

Please continue to follow the stay-at-home order and all health precautions to prevent the spread of COVID-19. We are here to serve you so please contact The Arc NW if you have any questions or need assistance.



26049 Five Mile Road Redford, MI 48239

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

www.thearcnw.org

Next Board Meeting Via Conference Call May 12

2019 - 2020 Board of Directors

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Achieve with us.



United Way for Southeastern Michigan

From The Executive Director

Dear Friends,

I hope this newsletter finds you safe and healthy! The COVID-19 pandemic is a very strange time to live through. It's both stressful and boring to stay home all the time. Many people are working at home or not able to go to work at all. We can't see our friends, go out to eat, go to the gym, or do all the things that usually make our lives meaningful. This is also a scary time as we must wear masks and gloves, we need to stay 6 feet away from people, and we can't be together in groups to prevent us all from getting sick. I'm sure we all just want to be healthy and for this to be over.

We need hope. It helps to believe and feel like things will get better and everyone we love will be OK. Maybe we even hope that this pandemic will make people kinder and more helpful to one another. In times like these it helps me to picture hope. In Barbara Kingsolver's book, Animal Dreams, her character Hallie says, "The very least you can do in your life is to figure out what you hope for. And the most you can do is live inside that hope... Right now, I'm living that hope, running down its hallways and touching the walls on both sides." Can you picture what your hope looks like? Can you imagine yourself running through a hallway full of that hope and running your fingers down the walls of everything wonderful? Hope doesn't need to be huge or world changing. Hope is often like a tiny glimmer of light seeping through a crack in the curtains showing us the promise of a new morning. As we continue to cope with this pandemic, and the anxiety that comes with it, try to find a bit of hope each day. I often find Winnie the Pooh, in A. A. Milne's classic books, to have great wisdom about finding hope. Winnie the Pooh said, "Sometimes...the smallest things take up the most room in your heart." As we go through the uncertainty of May, try to find that smallest thing that gives you hope and allow it to take up the most room in your heart.

Stay well,

Gretchen Sanewsky **Executive Director**



PARENTING DURING COVID-19

As a parent or caregiver of child or teen with a disability during COVID-19, you may be facing new challenges. Treatments may be disrupted. The right supplies may not be available to keep your family safe. Your child may be "high risk" due to health conditions. We are here for you - you are not alone! Here are some tips we hope may help:



STAY INFORMED

Stay informed, but don't overdo media. Identify a few trusted sources for accurate updates and limit social media.

TALK TO YOUR KIDS

Talk to your children and other family members about COVID-19. Kids may have difficulty expressing their feelings in words and sometimes anxiety, fear and frustration can be expressed through challenging behaviors. Other children may express these feelings through play. Answer their questions and assure them of the shared goal to keep everyone safe.

DON'T FEEL PRESSURED

Don't feel pressured to exactly replicate school and therapy at home. With flexibility, you may identify new ways to learn and grow together that would be more difficult in a typical time.

CHECK-IN WITH PROVIDERS

Check-in with your child's health-care provider by calling or using telehealth services if available. If your child has a chronic or acute medical condition, talking with the healthcare provider can guide decisions about how to access needed equipment, supplies, medications, etc., and whether it is best to visit a healthcare facility or stay at home.

STAY CONNECTED

Stay connected with others virtually; plan regular times to call family and friends. Seek support from those around you. For example, you might ask a friend to deliver food or medicine to your home.

BE KIND TO YOURSELF

Be kind to yourself. Since previously available respite options may no longer be available, focus on what can help you feel restored. This might mean taking short breaks from the immediate stress of the situation. This might mean spending some time watching animal videos to give yourself a brief mental break.

CREATE A SCHEDULE

Schedule coping and calming activities into a child's day and consider ways to introduce new calming activities. If previously established routines have been disrupted, create new routines for your child. This can help your child feel more secure and understand what is expected of them.

BE EMPATHETIC

Acknowledge that your child may not have their usual school or disability-related equipment, which may lead to added difficulties, discomfort or pain. Validate their feelings and try reaching out to therapists and other families in similar situations to brainstorm ideas to address any discomfort and/or sensory, communication, and movement challenges to the extent possible

SHOW THE LOVE

Children with disabilities may internalize feelings that they and/or their care needs are burdensome to their parents. Remind your child of your unconditional love and joy of getting to spend extra time with them.Encourage them to talk about their feelings. Brainstorm ways for your child to interact with others virtually.dates and limit social media.

If you need more help, contact local disability or condition-specific organizations and support groups and see if they offer virtual support groups. You can also call:

- Michigan 2-1-1 (just dial 211) to get information about crisis helplines in your area.
- The State of Michigan hotline at 855-444-3911 if you suspect child abuse or neglect.
- Chesley or Bettie at the Arc NW at 313-532-7915 if you need help finding community resources for food, supplies, mental health support, or anything else.

Hello all members and families,

As I write this May article to all of you, I wish I could give you a Just Fun Club calendar with dates of our events for 2020–21. Unfortunately, Michigan is in a Stay At Home order from our Governor due to the Covid-19 virus.

All of the school districts in Michigan are closed through June, therefore no calendar dates can be scheduled for Thurston or Canton High School. At this time we will have to follow the guidelines of our Governor for social distancing and when, or if, we can resume these large group events in 2020–21.

We do have our hotdog roast scheduled for Friday, September 11, at the Livonia Rotary Park. You can Save The Date on your calendar but at this time, I am unsure whether this event will be able to take place.

Once we get through the summer, we will all have a better perspective on our JFC program. An August Arc Newsletter will be sent out to all of our JFC members. Please feel free to also visit the Arc website at: thearcnw.org for any updated information.

Wishing all of you a safe and healthy summer, Jackie Norris

JUST FUN CLUB NEWS

Sam Bagenstos

Debbie Bartlett

Janice Bearden

Brian Bookmeier

Kristine Copeland

Mary Collins

Michelle Driscoll

Wendy Ernzen

Phil and Florence Ernzen

Chesley Giertz

Marcy Hayosh

Lee Ann Horton

Sylvia Kloc

Sandra Malaniak

Mask-er-Aiders: Jane Fanta, Heather and Nina Pacheco, Kitty Weaver,

and Mary Baicz

Susan Pennington

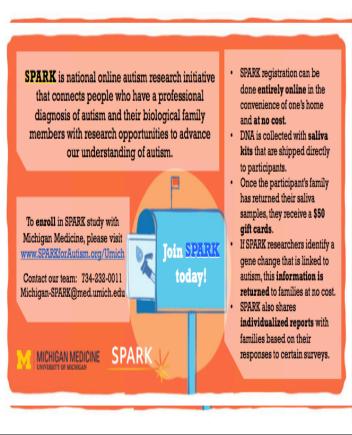
Patty Riggio Carol Zago Arc NW SOS Drive Donations
We Thank You & Appreciate
Your Generosity

Mary Collins

Downtown Boxing Gym

United Way for Southeastern Michigan

Plymouth Technologies
Paul and Sue Venegas
Krisi Dolot





EARLY BIRDS Bowling League - Vickie Soto

As you know, The Arc morning league bowling season and banquet have been cancelled due to the Coronavirus. We are planning to start up again on Saturday, September 12th. If anything changes, it will be shown in The Arc NW Newsletter or The Arc NW Facebook page.



Guys & Dolls Afternoon Bowling League - Jim Gallas

The remainder of the 2019/2020 bowling season is cancelled. Social distancing guidelines and facility availability have also resulted in the end-of-season awards banquet being delayed until the fall bowling season resumes.

The 2020/2021 fall season bowling is scheduled to start Saturday 9/12/2020 at Oak Lanes (usual 1:30pm bowling start with 1:15pm attendance, appreciated). The actual restart date will depend upon Coronavirus prevention actions in place at that time. We will update this information as soon as we have better guidance.

In addition, we will contact as many of our bowlers (1:1) as possible starting this next Monday. The remainder (and other sports fans!) will be able to receive the information as part of your NEWSLETTER. THANK YOU for helping manage this situation.

Self-Determination (SD) Corner

Self -determination is entitlement to opportunities, respectful support, and the authority to exert control over one's life, to direct services, and to act on one's own behalf. (The Arc US)



What's new in SD in our area?

Electronic Visit Verification

• Detroit Wayne Integrated Health Network (DWIHN) is mandating Electronic Visit Verification (EVV) systems be used by all Fiscal Intermediaries in Wayne County. This is a computer program that will link with an app on direct support professionals' cell phones. It is used to clock in and out of work hours and will eventually replace time sheets and paper documentation of community activities. The Arc NW has the system set up on our computers, but it is not yet in use. Arc NW staff need one more training, then we will offer several trainings to direct support professionals before a trial run of the system. This is on hold during the COVID-19 pandemic. The Arc NW will provide updates as available.

DWIHN Standardized Medicaid Reimbursement Rates for Fiscal Intermediaries

• DWIHN will decrease standardized rates for SD community living services staff by up to 7% beginning in June. It is unclear how this may impact The Arc NW and families. The Arc NW will provide updates as they become available. This could potentially be delayed due to the current pandemic.

Arc NW Helping to Ensure Direct Support Professionals During Pandemic

• The Arc NW is working with Building Bridges and Gateway, organizations that provide therapies to children with disabilities, to invite their laid-off staff to apply as direct care professionals. Hopefully this helps families and individuals who have lost staff due to COVID-19. If you need staff, call Gretchen at 313-532-7915 extension 203 to have your name given to one of these organizations.



The Arc Sports News

Hello athletes, coaches, volunteers, & families. I hope this article finds everyone healthy and staying home. This sure has been some crazy sad times but it will get better and soon we will be together again playing & enjoying sports.

Not only was basketball cut short, but swimming and track and field did not even get to enjoy one tournament. They only had a few practices when everything came to a screeching STOP.

At the time of writing this article all Special Olympic practices & fundraising are at a standstill until June 1st. In mid-May SOMI will be reviewing and deciding if and when sports will start or continue in a hold pattern. Once I hear anything I will email all coaches and The Arc.

Coaches, this would be a good time to go through your health forms, based on your 2019 roster, to check expiration dates for your baseball and soccer athletes in case the season does start. The tournament for these sports was August 16^{th.} If SOMI opens back up and the tournament date is the same, health forms would need to be current until August 17th. Also check the status of yourself and volunteers at SOMI.org (Coaches Corner). If you need a current expiration list of athletes please email or contact Lana for a copy.

Be safe everyone and I hope to see many of you at the baseball diamond in June. - Janice



COVID-19, Unemployment Insurance, and People with Disabilities

This fact sheet details common questions that we have received about Social Security, Supplemental Security Income, Medicaid, and Unemployment Insurance. Because Unemployment Insurance is a state-federal partnership, state unemployment programs vary substantially, and this fact sheet does not attempt to provide details on different state systems.

What is Unemployment Insurance? Unemployment Insurance (UI) is a joint federal-state program that temporarily pays people who have lost their job through no fault of their own (i.e., not for grounds that constitute misconduct and not voluntarily quitting) while they look for a new job. Many UI programs require that people are looking for full-time work to be eligible for UI.

Who is eligible for UI benefits? State UI eligibility varies. We would recommend reviewing materials from the state UI agency to learn more. Generally, an individual needs to have been laid off from his or her job (or have quit for good cause connected to the job) and be available for and actively seeking work. Many states require even part-time workers to seek full-time work, meaning many people with disabilities who can only work part time are not eligible. However, in the Coronavirus Aid, Relief, and Economic Security (CARES) Act, Congress made policy changes that broadened the UI eligibility criteria and more people with disabilities may be eligible for UI.

What are the new UI policies that Congress passed? The CARES Act (the third Coronavirus response bill) included three major UI policy changes:

1. Pandemic Unemployment Assistance (PUA) The new PUA program provides emergency unemployment assistance to workers who usually are not covered by state UI, including part time workers. Applicants will need to provide self-certification that they are (1) partially or fully unemployed, OR (2) unable and unavailable to work because of a particular circumstance, including: • They have been diagnosed with COVID-19 or have symptoms of it and are seeking diagnosis • They are providing care for someone diagnosed with COVID-19 • They are providing care for a child or other household member who can't attend school or work because it is closed due to COVID-19 • They had to quit their job as a direct result of COVID-19 • Their place of employment is closed as a direct result of COVID-19...

Continued on pg. 7

Arc NW Annual Member Meeting 2020

DATE CHANGE

NEW MEETING DATE

Thursday, August 27, 2020 6:00pm - 8:30pm \$17/person Joy Manor 28999 Joy Road Westland, MI 48185-5523

Arc NW Annual Meeting Award Nominations

Please submit nominations to Gretchen by phone call, email, or letter.

It's ideal to have something in writing to fully

t's ideal to have something in writing to fully honor the recipients.

Nominations accepted through July 3, 2020

COVID-19, Unemployment Insurance, and People with Disabilities Continued from pg. 6



Most importantly, this includes many part time workers, so people with disabilities on SSI or Social Security benefits may be eligible if they have lost their jobs due to COVID-19.

- 2. Pandemic Unemployment Compensation (PUC) PUC increases both the state UI benefit amount and the PUA benefit amount by an additional \$600 per week.
- 3. Pandemic Emergency Unemployment Compensation (PEUC) PEUC provides workers with an additional 13 weeks of state UI benefits.

How does receiving state UI or the new PUA benefits impact people on Social Security Disability Insurance, Disabled Adult Child benefits, or other forms of Social Security benefits? Unemployment income counts as unearned income, not as earned income so the Substantial Gainful Activity (SGA) income limit does not apply. This means that people receiving Social Security Disability Insurance or Disabled Adult Child benefits or other forms of Social Security benefits can claim unemployment without worrying about the usual income limit.

Social Security benefits are not means tested, so while people on Social Security might worry about asset limits in other programs, Social Security itself has no asset limits and the increased benefit amount provided by UI will not create problems for Social Security beneficiaries.

How does receiving state UI or the new PUA benefits impact people on Supplemental Security Income (SSI)? SSI is different than Social Security in several ways, but unemployment income also counts as unearned income for SSI. This means that SSI benefits may be offset by the amount of the unemployment benefits. This is particularly likely because of the increased PUC benefits authorized by the CARES Act.

People on SSI may also encounter issues with the \$2,000 asset limit for individuals and \$3,000 asset limit for married couples, especially given the generous PUC benefits and the likelihood that people may receive multiple weeks of retroactive benefits at one time due to lags in state implementation of the new programs. If SSI recipients receive benefits that would push them over the asset limits, they should consider spending those funds right away to purchase needed supplies.

In addition, people on SSI are required to apply for other benefits they may be eligible for, including unemployment insurance. If people with disabilities have been working and lost jobs because of COVID, they likely are required to apply for the new PUA program. 1 Program Operations Manual System (POMS), SI 00830.230 Unemployment Insurance Benefits, https://secure.ssa.gov/poms.nsf/lnx/0500830230. 2 Social Security Act, SEC. 1611(e)(2). 3 Social Security Act, SEC. 1612(a)(2)(B).

How does receiving state UI or the new PUA benefits impact people on Medicaid? The CARES Act explicitly excludes the extra PUC payments from being considered for Medicaid eligibility so the additional funds from PUC will not be considered against Medicaid asset limits.

However, many people with disabilities are also eligible for Medicaid automatically because of their eligibility for SSI. This means that if state UI or PUA benefits put someone over income or asset limits in SSI and they are no longer eligible for SSI, they may also no longer be eligible for Medicaid. Under a provision of the Families First Coronavirus Response Act, no state Medicaid agency that accepted the increased Federal matching percentage is allowed to terminate coverage for any person currently receiving Medicaid until the end of

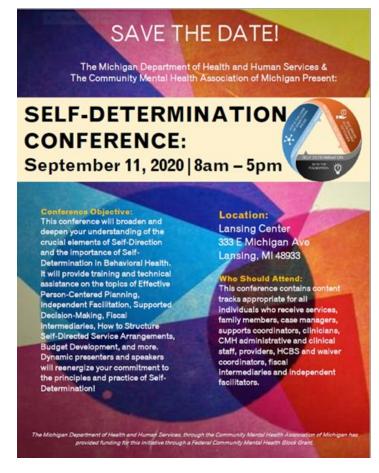
COVID-19, Unemployment Insurance, and People with Disabilities

Continued from pg. 7

It is also very likely that people with disabilities would continue to be eligible for Medicaid via the Medicaid Expansion or other eligibility pathways.

How does receiving state UI or the new PUA benefits impact eligibility for other programs that people with disabilities rely on? Supplemental Nutrition Assistance Program (SNAP) benefits may be impacted by the amount of UI benefits an individual receives. Similarly, other means tested programs (those with asset or income limits) may be impacted.

Centers for Medicare and Medicaid Services, Families First Coronavirus Response Act (FFCRA), Public Law No. 116-127; Coronavirus Aid, Relief, and Economic Security (CARES) Act, Public Law No. 116-136; Frequently Asked Questions (FAQs), #33, https://www.medicaid.gov/stateresourcecenter/downloads/covid-19-section-6008-CARES-faqs.pdf.





- Send your completed questionnaire to the U.S. Census Bureau National Processing Center at 1201 E 10th StreetJeffersonville, IN 47132.
- Take the census by phone at 1-844-330-2020.
- Take the census online at https://my2020census.gov/.

Find out more at www.thearc.org/census. Information brought to you by The Arc Dearborn, The Arc Detroit, The Arc NW, and The Arc WW.



THANK YOU FROM THE ARC NW!



Social Work Interns 2019-2020



Robin Cook spent her time at The Arc NW shadowing advocacy presentations, meetings, and consultations to learn the role of advocate. She was also able to participate in some trainings in this area. We especially appreciate her designing and implementing Everyone Belongs, a volunteer program reading to second graders to raise awareness of children with disabilities. She and Sadfah developed a great partnership to work on compiling resources for the families we serve. Robin is graduating this spring with her Masters in Social Work from Wayne State. Especially in these strange times of pandemic we wish her a happy graduation and best of luck in her job search! We appreciate all her hard work and will miss her!



Sadfah Shohatee spent her time at The Arc NW helping to expand the Lekotek program. She attended presentations and did follow-up with interested professionals and families. She helped with data entry and tracking, and created a survey tool to measure success. We especially appreciate her developing and implementing our first Toy Drive which was a great success! She and Robin enjoyed a great partnership to compile a resources guide for the families we serve. Sadfah graduates this spring with her Bachelor of Social Work from Wayne State. In this time of virtual graduations, we especially wish her congratulations and best of luck in the future. She will attend Wayne State next year to begin work on her Masters in Social Work. We are grateful for all her hard work and we will miss her!

Kit Belvitch has informed The Arc NW that her mother Kathryn Quinn, a long time member of The Arc Northwest, passed away April 8, 2020 at the age of 96. Kathryn was very active in The Just Fun Club where her son Daniel Quinn was a long time member.

Diane Kaminski, the sister of Don Lodoski, has informed us that Don passed away on April 4, 2019 from complications of Alzheimer's.

He was a long time member of the Arc Northwest as well as a member of the Just Fun Club

A memorial Service will be announced at a later date.

Memorials

Memorial Gifts to The Arc NW

From Janice Radon

in Honor of Sean Radon

Mark your calendar. NEW DATE! September 13



THE ARC NW 2020 GOLF OUTING

NEW DATE! Sunday, September 13 8:35AM Shotgun Start Fox Creek Golf Course 36000 Seven Mile Rd. | Livonia, MI

More outing details at www.thearcnw.org

Will you join us for The Arc NW Golf Outing?

For two decades, the Golf Outing has raised funds to support people with intellectual and developmental disabilities. This year, we have moved the outing from its May date to **Sunday, September 13** in response to COVID-19. Sign up early - last year's event SOLD OUT! Check out The Arc NW website to learn more at www.thearcnw.org.

Golf Outing Sponsors and Golfers

Adamo Group, Inc.

Barnes Services, LLC

Calo & Sons Construction, Inc.

Highway Service Co., Inc.

Sylvia Kloc, in honor of Carl and Steven Kloc

Kathy McRae and Jerry Luttman
Services To Enhance Potential

Lowe Construction Company

Donations to The Arc NW

Richard McLain

The Lady Hot Shots Arc NW Basketball Team

The Lightening Arc NW Basketball Team

John Uetz

From Deborah Wierzbicki in Honor of Jan and Mitch Radon



May 2020

The Arc NW Board Meeting
Via Conference Call on Tuesday, May 12

Sun	Mon	Tue	Wed	d Thu	Fri	Sat
All Sports activities of The Arc NW, as well as The Just Fun Club events previously scheduled have been cancelled until a later date, yet to be determined. After I'm Gone has also been cancelled EXCEPT for the Zoom session noted below.						
3	4	5	6	7	8	9
10 Mother's Day	11	12 Arc NW Board meeting via Zoom 5:00 PM		14	15	16
17	18	19 AIG via ZOOM M Social Security & the Health and Human 2 - 4pm Must rsvp. To get log info@thearcww	Dept. of Services	21	22	23
24/31 Eid-al-Fite	25	26	27	28	29	30

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







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 $Each\ edition\ of\ this\ newsletter\ is\ prepared\ for\ mailing\ by\ volunteers\ .$



Achieve with us!

26049 Five Mile Road Redford, Michigan 48239 11, 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	s)				
Address					
City		State _	ZIP		
Daytime Phone					
Email Address					
		The Arc NW I am agreeing to have	e my image used for printed and online marketing efforts.		
Membership Du	ues	O dorn In the last of the	Additional Manchandria Face (F to init but Fue Club		
O New Member		O \$25 Individual Membership	Additional Membership Fees: \$5 to join Just Fun Club \$15 to join Lekotek		
O Renewing Member		○ \$50 Family Membership	An individual and his/her family or a group home with multiple		
DONATIONS	O \$100		residents. Includes additional membership fees for Just Fun Club and Lekotek.		
O \$25	O \$150				
O \$50	O \$ Other	○ \$100 Organization	Businesses, non-profits, community groups, or government entities that support people with disabilities.		
O \$75			that support people with disabilities.		