



The Arc
Northwest Wayne County
Sponsored by STMicroelectronics

Inside The Arc

November 2020

The Arc NW office will be closed on Thursday the 26th, Thanksgiving Day and Friday, the 27th of November.



SAVE THE DATE



DINNER DANCE 2021
Celebrating 60 Years of Service
February 27, 2021 | Virtual Event
More Details to Come in December



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

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Achieve with us.



United Way
for Southeastern Michigan

From The Executive Director

Dear Friends,

The month of November 2020 brings a deep need for peace in our nation. The time before a general election often brings division. But this year inequalities and injustices are magnified by COVID-19. All of us have been impacted in some way by this pandemic and we all hope for government leaders who will work toward safety and health care for all people. This is a time to work together, but unity and cooperation prove challenging. When we listen to the news and see the enormity of issues such as racial injustice and climate change, we can get overwhelmed. It's hard to know what we can do to bring about positive change. It's also hard to know how we can find inner calm and peace.

But then comes Thanksgiving, not just the holiday, but the act of gratitude. Writer Robert Brault said, "Enjoy the little things, for one day you may look back and realize they were the big things." It may sound simplistic, but counting our blessings can change us and change the world. Being thankful refocuses our minds on goodness. We act based on our thoughts, so thoughts of gratitude can cause gracious actions. Our gratitude can come from small things like a smile from a stranger, a friend who checks in on us, or warm soup on a cold day. Pretty soon we're paying it forward with our own acts of kindness and the world begins to shift. Those small things *are* the big things. A thankful heart and grateful attitude go a long way to bringing us inner peace.

Thankfulness leads to peace which leads to powerful changes like equal rights and inclusion for all. The late Supreme Court Justice, Ruth Bader Ginsburg said, "Real change, enduring change, happens one step at a time." We can all take one step at a time, with the first step being to train our minds to be thankful. We will come to the Thanksgiving holiday this year still in a global pandemic, in a world that needs peace. If we can find gratitude despite the challenges, we've taken a great step to change the world.

With gratitude for all of you,

Gretchen Sanewsky
Executive Director



This year Sip & Support is a seated tasting at Fleming's Steakhouse with wine, appetizers, and wine pull raffle. Thank you to everyone who attends!

**SPECIAL THANKS to our three PLATINUM SPONSORS making this event possible:
Geisler Company, Rob and Elizabeth Haar, and Signature Oak Stables.**

We would also like to thank our generous BRONZE SPONSORS, **Luke Contos and Jean Walsh, Marlene DiPonio and Fred Ward, Florence and Phil Erzen** as well as our EVENT DONORS: **Steve Dallo and Bloomfield Wine and Spirits, Chris and Dennis DiPonio, Wendy Erzen, Vanessa Fry, Joe Jaafar and Feinn Tire Company, Colin and Emily Frost, Vince and Marianne Licari, Kathy Pfuhrer, Steve Raymond, Ron and Patti Riggio, Signature Oak Stables, Bill Winkler, and Rita Wygonik**

Last, THANK YOU to our amazing EVENT COMMITTEE for making this event happen:
Kathleen Pfuhrer, founder of the event and committee chair; Samantha Van Sumeren; Susan Venegas; and Heidi Warren.



Self-Determination (SD) Corner

This information is being shared to help with understanding the role of The Arc NW in the self-determination model. This is in response to some questions that arose in our member survey 2020. Hopefully, this is helpful!

What is Self-Determination?

This is a Medicaid Policy with the purpose of helping individuals with intellectual and developmental disabilities live a meaningful life as full participants in their communities. Self-determination allows a person control over how they spend their Medicaid benefit dollars. The person can choose the supports and services they desire so they can participate in community life as they choose.

To participate in this process, a person develops a Person-Centered Plan. In partnership with people of their choosing, the person develops their goals and dreams for living their best life. A supports coordinator, usually a social worker, assists with requesting Medicaid money to fund the person-centered plan.

Who Pays for Self-Determination?

Medicaid dollars through the state mental health system fund self-determination. In Michigan, a person's Medicaid dollars come from the Michigan Department of Health and Human Services (MDHHS). The money goes first to the county community mental health organization on behalf of the person. In Wayne County that agency is Detroit Wayne Integrated Health Network (DWIHN).

How Does The Arc NW Help?

To use one's Medicaid funds for self-determination, a person needs a fiscal intermediary. The Arc NW provides fiscal intermediary services. This means that The Arc NW receives a person's Medicaid dollars from DWIHN, then pays staff who provide community living services and supports. As a fiscal, The Arc NW must follow guidelines set by MDHHS and DWIHN. We do that so that we can best serve people living self-determined lives. The mission and number one priority of The Arc NW is to make sure people with disabilities live fully included lives.

In 1996 The Arc NW supported the first person living under self-determination in Wayne County. We started with this fierce commitment to inclusion, and this our unwavering focus to this day. Our staff work hard every day to navigate a complex system, and forge solid partnerships, so everyone we serve will have what they need to achieve great things in life.

MI-OCEAN Caregiver Support Project



The Michigan Developmental Disabilities Institute's MI-OCEAN program is looking to work with nine families that have a child or children with intellectual/developmental disabilities across the state of Michigan. The primary aim of MI-OCEAN is to address the needs and health concerns of aging caregivers (age 55+) of adults with intellectual and developmental disabilities.

The program uses a Peer Mentor to work with the family to reduce stress, improve health outcomes and quality of life. The program is FREE!

For more information, email MI-OCEAN Project Manager, Elizabeth Janks at e.janks@wayne.edu.

Flyer: <https://bit.ly/33U7ugj>

Our beautiful autumn is soon to leave us as we head into the winter season. Temperatures will get colder as we prepare to bundle up with warmer coats, hats, boots and gloves. We will soon begin to see our first Michigan snow fall!

We are disappointed that the JFC Christmas/ dinner dance has had to be cancelled for Sunday, Dec. 13, 2020 due to the continuation of Covid-19 virus. Our primary focus is to keep everyone healthy and safe. At this time, we are unable to schedule any dances for 2021. We will continue to keep everyone updated in our monthly newsletter.

Our JFC Committee, the Trademark and J.J. and Company Band misses seeing all of you on the dance floor enjoying their music! Your smiles warm our hearts! Remember to wear your mask and wash your hands.

Happy Thanksgiving,

Jackie Norris

JUST FUN CLUB NEWS

Not much is happening! Bowling has started with The Arc group. The time has changed to 1pm, every other Saturday at Oak Lanes. The cost is \$7.00 for 3 games, shoes included. Only for the month of November there's a change in bowling schedule because Oak lanes will be hosting a tournament. The dates are: November 14 & 21. Contact Vicki Soto if you are interested.

There are still no updates from Special Olympics on when any of the sports will be starting. When I hear anything, I will advise all the coaches.

On Oct. 21st one of our athletes passed away, Lori Henry. Many of us knew her, her family, and her Mother, Lola Henry. Lola, worked many years at The Arc of NW Wayne County when it was located in the little school house on Beech Daly road in Redford (now where the US Post Office stands.) Lola, with other parents, started the Special Olympic program at the Arc NW so Lori and others could play sports, meet friends, and families could interact. Lola and Lori were one of the first families we met when Jim & I got JB involved with the Arc and Special Olympics 23 years ago. JB was 8 years old. Ellen Stefanik, Lori's sister, states that sometime in the spring of 2021 a Memorial celebration of Lori's life will be held with dancing and stories of Lori. Ellen will notify The Arc of the details. Rest in Peace, dear Lori.

Happy Thanksgiving Everyone – Janice

The Arc Sports News

AM - NEW TIME: 1:00PM

AM & PM Saturday Bowling UPDATE

The Arc Early Birds Bowling made a major change. **We are now bowling in the afternoon starting at 1:00.** We also have updates for the scheduled dates starting in November. We will be bowling November 14th & 21st. We will then return to every other week starting on December 5th. We still have room for 8-10 bowlers, so if you want to join, please call Vicki Soto at 734-422-3732.

PM - **Saturday afternoon bowling** has cancelled the FALL schedule. We will reassess in January to determine if we can complete an abbreviated season early next year. For now, no Saturday PM bowling. Bowlers/staff who may have questions can contact Jim Gallas at 248-318-8856 (cell), or check with The Arc NW.

Memorials

In Memory of Rikki Gans

Mary Clare Steiner
 Scott Jurek
 Daniel and Barbara Collins
 Dixie Hibner & Jim Gallas
 Barbara Rogers
 Robert & Teresa Moore
 Mark Rotary
 The Ruppenthals
 Charles & Lynne Hagmann

In Memory of Sean Radon

Andrea Iwanicki

In Memory of Lori Henry

Lana Richardson

General Donations

Eileen Murphy
 Ben and Linda Anderson
 Gertrude Rigg
 Beaumont Hospital

Honorary Donations

In Honor of The Athletic Program as well as
 The Horners; Coaches, Bob Koslowski and
 Chris Schrot; and James Gallas

Patricia, James, and David White

In Honor of The Just Fun Club and Brian Norris

Roger McClow and Suzanne Posler-McClow

2020 Census Project

Community Foundation of Southeast Michigan



Sip & Support Sponsors and Donors

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 Colin and Emily Frost

The Arc NW Board Meeting
Will be Via Conference Call

Sun Mon Tue Wed Thu Fri Sat

1 2 3 4 5 6 7

All Sports activities of The Arc NW, as well as The Just Fun Club events have been suspended until a later date, yet to be determined. The Morning Bowling League, however, IS BACK!

NEW TIME: 1:00PM

8 9 10 11 12 13 14

Arc NW Board
NOVEMBER 10
5:00 PM via Zoom



After I'm Gone (AIG) via ZOOM
6 - 8pm
Must RSVP. To get login, email:
cgiertz@thearcnw.org
313-532-7915 X200

After I'm Gone
"Supporting People in
Decision Making"



BOWLING
1:00PM
Oak Lanes

15 16 17 18 19 20 21



BOWLING
1:00PM
Oak Lanes

22 23 24 25 26 27 28



Arc NW Office Closed
Thurs. & Fri.

29 30

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County



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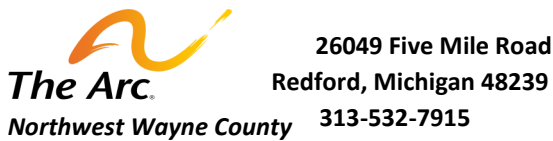
THE ARC NW PRESENTS
**MEMBER
TAKEOVER**
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your story on our
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Ernzen at
wernzen@thearcnw.org



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

Membership Application

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

DONATIONS \$100

\$25 \$150

\$50 \$ ___ Other **\$100 Organization**

\$75

Achieve with us!

\$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.

\$100 Organization

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