



www.familysupportctc.org

FSC/TC NEWSFLASH – JUNE 2011

The Family Support Council will meet on **Friday, June 10th at 11:30 AM** at Resource Connection Welcome Center Boardroom, 1100 Circle Drive, Fort Worth, TX 76119. To RSVP for lunch, contact Dan Gadbury at 817-569-4045 or dan.gadbury@mhmrctc.org by Wednesday, June 8th.

SAVE THE DATE! The FSC-TC Fall 2011 Expo, at Grapevine-Colleyville High School will be on Tuesday, October 4th, 4-7PM. Watch for more details.



Texas Advocates!

Your voices were heard! We did it! Let's celebrate! The Respectful Language (HB1481) passed out of the full Senate May 19, 2011.

The Respectful Language (HB1481) has been **signed** by Governor Perry



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Stay tuned! We will let you know when and how we **plan** to **party** down!



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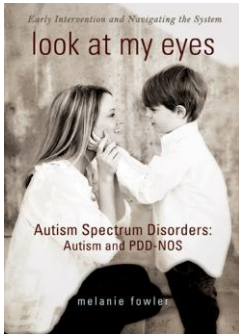
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Thanks for all **your** hard work! We knew we could do it! If you have questions, call Tanya 512-454-6694

Keep speaking out! It's working!

Just a Normal (But Very Persistent) Family - Seth and Melanie Fowler's days are fraught with the



struggles of raising a child with autism. They spent a year cleaning feces off the walls and carpets of their son's room daily before they learned behavioral techniques that—gradually—taught him to stop. They scratched and clawed their way through bureaucracy to obtain the early childhood intervention that Melanie, who has a master's degree in special education, knew their son, William, desperately needed. They uneasily eyed the divorce statistics for parents of children with special needs, which are unquestionably higher than those of typical families, according to Dr. Laura Marshak... The Fowlers have recently written a book, **Look At My Eyes**, that launches

Thursday, June 9th from 5-7 PM at The Child Study Center. Read more at

<http://www.dfwthrivemagazine.com/showarticle.asp?artid=132>

TarrantCares.org, a new website offering free information about community services, health issues and other topics, went online March 30 with the help of United Way's 2-1-1 information and referral service.

Medicaid Buy-in for Children (this has been for adults only until now) program on January 1, 2011. This program can help pay medical bills for children with disabilities. It helps families who need health insurance, but make too much money to get traditional Medicaid. Families "buy in" to Medicaid by making a monthly payment (premium). To qualify, children must be under age 18, meet certain disability criteria, meet income limits, and meet other requirements. To get more information on this program, please **call 2-1-1**. When you call, pick a language and then pick option 2. If you are in MHMR services ask to speak to your Benefits Specialists, Cynthia Williams or Kim Bouldin at 817-569-4000 and they can assist you.

DIABETES in SENIORS - STAYING HEALTHY THROUGH THE YEARS! FREE DIABETES CLASS –



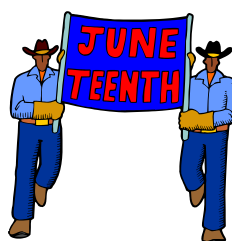
Tuesday, June 21, TARRANT COUNTY PUBLIC HEALTH - 1101 SOUTH MAIN, FW 76104 (CORNER OF MAIN AND ROSEDALE) **RSVP to 817-454-4978 OR email tcdccemail@yahoo.com**. This is a FREE special class for seniors, people heading towards their senior years or people who care for seniors with diabetes. Learn about some of the special challenges and opportunities that face seniors with diabetes. Get great information on how to stay healthy and active! And learn about special resources that are available to you. Bring a friend. Special drawings for prizes and goody bags! Taught by Maryanne Kridner, RN, CDE. Sponsored by Tarrant County Diabetes Collaboration.

Let's Get Organized - One of the facts a new caregiver can quickly discover is that the paperwork and other information you need to keep track of can be pretty overwhelming. Figuring out a system that works for you to help keep things organized can be a big help not only in your caregiver role but also in managing your personal record keeping... Read more at

<https://app.e2ma.net/app/view/CampaignPublic/id:18978.9395989307/rid:e8a07e63a842a581302c31a9840c3adc>.



Family Caregivers
Education and Resources



Training Announcement - Mobility 101:

Transportation Options in Tarrant County

Tuesday, July 19, 2011 -9:00 a.m. – 12:00 p.m.

(Registration starts at 8:45 a.m.)

A panel of experts from Tarrant County agencies and the new Transportation Systems *Change* Program will present mobility and transportation options in Tarrant County. Target Audience: Health and human services professionals, Resource Coaches, caregivers, older adults, persons with disabilities, and advocates. Tarrant County Public Health Department, 1101 S. Main Street, Fort Worth, TX.

To register email: adrctraining@gmail.com

Free CEUs and continuing education credit for social workers and LPCs will be provided.

3 hours or .3 CEUs.

For 2011 there are a number of Tarrant County grant programs providing caregiver respite for:

- **Care of Older Adults***
- **Care of Adults with physical disabilities***

*To qualify for these programs, the person must require 8+ hours of care per week and have safety needs, as well as need assistance with Activities of Daily Living, such as bathing, dressing, walking or eating.

- **Care of adults with Intellectual & Developmental Disabilities (IDD)****

**Adults 22-59 with income over Medicaid guidelines. Cannot be enrolled in a Medicaid Waiver Program. This program is specifically designed to give caregivers a “break” that meets their needs ~ like a weekend away, a few Saturdays out, help in providing the “to & from” for activities like Arc dances or Special Olympics. With this grant caregivers have a variety of individualized options, including being able to hire/pay family friends or relatives.

The ADRC serves as the screening door for these programs. Please call the Aging and Disability Resource Center at 1-888-730-2372 to see if you qualify for any of the respite programs currently being offered in Tarrant County.

Area Agency on Aging Benefits Counseling Program

serves Tarrant County residents, offering in-person and telephone assistance with Medicare, Medicaid, advance directives, and options for long term services and support. Benefits counselors also give presentations to community groups regarding these topics. ***Call the ADRC at 1-888-730-2372 and you will be transferred to a benefits counselor.***

A Matter of Balance is a falls prevention program specifically designed to reduce the fear of falling and improve activity levels among older adults. Classes are available for Tarrant County residents who are 60 and older.

Texas Healthy Lifestyles is a diabetes self-management program for adults age 60 and older with diabetes, at risk of diabetes, or caring for someone with diabetes.

- Tools to deal with problems such as pain, insomnia, fatigue, isolation, and frustration
- Appropriate exercise for maintaining and improving strength, flexibility and endurance
- Appropriate use of medications
- Communicating effectively with family, friends and health professionals
- Making informed treatment decisions

They also learn to set their own goals and create step-by-step plans to improve their health.

For more information and to learn about classes, call Senior Citizen Services at 817-413-4949 or the Aging & Disability Resource Center (ADRC) at 1-888-730-2372.

The ADRC of Tarrant County helps people who are aging or have a disability, their families and caregivers, in understanding their options and successfully connecting with the services and supports they need. **Call the ADRC of Tarrant County at 1-888-730-ADRC (2372) or visit <http://tarrantcountyadrc.org/>.**



The Arc of Northeast Tarrant County

The Arc of NETC ▪ 1806 Haltom Road ▪ Haltom City, Texas 76117 ▪ 817-834-7700 ▪ www.arcnetc.org

You Are Invited – Please Join Us

The Arc of NETC

General Meeting & Informational Session

“Run Your Race”

Speaker: Laura Buckner, UT– Austin & Family to Family Network

Saturday - June 11, 2011 | 9:00 AM – NOON

Richland Hills United Methodist Church | 7301 Glenview Drive ▪ N. Richland Hills, Texas 76180

Supporting a child who has a disability is a lot like running a race... and it is a marathon not a sprint! Join us as Laura shares real life techniques and philosophy to help you run your best race with a strong and rewarding finish.

General information about The Arc of Northeast Tarrant County, including financials and a state of the agency report will be reviewed. We will also take time to listen to your thoughts and ideas about current programs and ways we can grow.

This meeting is open to all. For planning purposes we ask that you please reserve your spot. To make a reservation, call (817) 834-7700 or Email: arcnetc@att.net and provide the following

name | phone number | the number of people in your party and their names

Complimentary tickets for breakfast will be available to all who make a reservation.

Friday with Friends Social – For individuals age 14 & up who have a disability

The next Friday with Friends Social | **Friday – June 17, 2011 ▪ 8:00 – 9:00 PM ▪ The Arc of NETC**

Join us for an evening of fun, friends, pizza and a night of BINGO!

To reserve your spot; required: (817) 834-7700 or arcnetc@att.net.

(SALT) Self-Advocate Leaders of Today - Self-advocacy group for adults 18 and older

The next SALT meeting | **Friday – June 17, 2011 ▪ 7:00 – 8:00 PM ▪ The Arc House**

SALT is ran *by & for* individuals who have a disability with the support of an advisor. Monthly meetings provide opportunities to work on identified goals and to learn about the self-advocacy movement, the principles of self-determination and plan community based volunteer activities.

SALT members have decided to host a canned food drive during summer months. If you would like to support them in their efforts, please contact us to make arrangements for donations to be dropped off or picked up. Wendy: wwarcnetc@gmail.com or (817) 834-7700.

The Arc of NETC ARD/IEP Yahoo Group

The ARD/IEP Yahoo group provides families with online access to parent-to-parent support focused on special education issues.

To join the discussion, email your request to: arcnetc@att.net and we will send you an invitation to join.

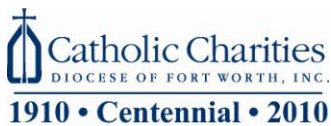


Camp El Tesoro Inclusion Program - Camp Fire USA's Camp El Tesoro, outside Granbury, Texas, is a summer resident camp for children age 6-16 with traditional activities like hiking, canoeing, horseback riding, swimming, and crafts. El Tesoro is unique in that it has an inclusion program. Each summer, children with mild physical and cognitive disabilities are mainstreamed into cabin groups and camp activities in each session. The campers are assigned their own "camper buddy," a counselor with special training, to ensure the children fully enjoy camp. The most

common disabilities of campers who have participated in the inclusion program are Down syndrome, autism, OCD, PDD, Asperger's and Fragile X syndrome. Call soon, as space is limited. Visit www.campeltesoro.org or call 817-831-2111, ext. 158 to request the supplemental registration form. For the second year in a row, The National Inclusion Project www.inclusionproject.org has partnered with Camp Fire USA First Texas Council to implement Let's ALL Play—Inclusion in Recreational Programs. The purpose of the partnership is to allow children with developmental disabilities to enjoy a successful summer camp experience in an inclusive setting.

Happy Father's Day

Sunday, June 19th



Compassion Resource Network Resource: The Families First program is a program designed for families who are at risk of becoming involved with Child Protective Services or for those families that wish to strengthen their parenting skills and relationships with their children. For more information, contact Debra Rockmore, Community Outreach Specialist, at drockmore@ccdofw.org or 817-289-2781.

Guardianship Services Inc. Expands Volunteer Program

GSI has always prided itself on its extensive use of volunteers, and continues to pursue ways to expand and enhance the volunteer program. Finding new ways to recruit and train volunteers and to create new volunteer positions to improve delivery of service is a constant goal. Recently retired Director of Volunteers, Sheryl Farrell, sums up the importance of volunteers for the agency as follows: "The volunteers fill critical positions in this organization which translate our intentions and values into work that is vital, meaningful and rewarding for our clients." Read more at

http://campaign.r20.constantcontact.com/render?llr=qi784scab&v=001xft_1g4eG8yXjnEOovLsQyArgj2FrrCsHQMFKbmwy-u0Le4a9qu5XAT_bATUAA5Z2poycx-iZMoXUsqDCDbJ1wZNi04X1YmJ6jQzcZ3eztw5SgTHYDGIItXqX3qUq8lwW





OUR SPECIAL CHILDREN

Saturday, June 11 , 2011, 9:30am till 12noon
1051 HASKELL STREET, SUITE 106, FORT WORTH, TEXAS 76107.

Disability Services Reduced by State of Texas **Ms. Susan Garnett, Deputy CEO of MHMRTC**

If you haven't heard about the budget crisis facing the state of Texas, you have been asleep or out of the state for the last several months. The legislative discussions and votes over a \$ 27 billion shortfall for the next two years have created a very stressful situation for families who rely on the assistance and support for their family member with disabilities. Original proposals were to reduce or even eliminate many of the programs we count on. There was a huge effort by advocacy groups, families, and providers to minimize the amount of the budget cuts. The overwhelming efforts to educate the legislators did have an impact. Ms. Susan Garnett will speak to us about all the changes in the state budget and how they affect services we receive. What are the changes to HCS, CLASS, CBA and TxHmL? Has Medicaid been reduced? Were Medicaid Waiver waiting lists impacted? How many years must we wait now before our child is eligible for HCS or CLASS? How was MHMR affected? What about SSI and Special Education? Were there changes to Supported Home Living, Foster Companion Care, Therapy and Medical Care under the HCS program ? These and many other questions will be addressed at this meeting. As the Deputy CEO at MHMR of Tarrant County, Ms. Susan Garnett is very knowledgeable of the services for people with disabilities that were affected by the Texas Legislature's new budget. This is your opportunity to get informed about all of the latest changes. Whether you are a parent, a service provider or a professional in the disability field, you'll not want to miss this very current information concerning the status of disability services in the state of Texas.

There will also be a roundtable discussion about the role that fathers play in the life of a child with disabilities. It will be facilitated by two veteran fathers who have children with significant disabilities. Please bring your thoughts and experiences to share with the group, honoring Father's Day month.







Parents on call are volunteer parents who provide support and information to other parents of children with special needs or disabilities. Contact Deneesa Rasmussen (817) 475-1217 deneesar@yahoo.com or Philip Bell (817) 877-1474 philip.bell@arcgctc.org.

Annual Pool Party

Please plan on attending the June meeting of Our Special Children so you can sign-up for our traditional summer pool party. We will have the registration sheets and the directions for this annual party at the June 11 meeting of OSC. Every year Brandie Bell hosts this fun event in her backyard.

The children and the parents love it!!!



DATE		TIME	North TX SNAP ACTIVITY CALENDAR & LOCATION
Friday <i>Creative Life Coaching Small Group Workshop</i>	June 3 June 10 June 17 June 24	1 – 3:pm	<i>Creative Life Coaching - Friday Small Workshops – Money Management – Following a budget, Making wise purchasing decisions, Purchasing skills practice and more.</i> SNAP Board Room, 901 Clinic Dr, Euless, TX 76039. Registration fee: \$30 per session or \$100 for all sessions if paid before the first session. Seating limited to 6 people. RSVP as soon as possible. (Cash or Check, made out to "Creative Life Coaching", at the door.) Contact Paula Baker by June 1st for first session. C 817-832-6683 E Prbaker56@aol.com W www.specialneedslifecoaching.com
Friday 	June 3 June 10 June 17 June 24	5:00pm – 5:50pm	Self Defense Class - Large Conference Room - 901 Clinic Dr, Euless, TX 76039 Mr. James Fell has 2 black belts in self defense and will be teaching a 6 week self defense class. No charge for class but you MUST be pre-registered. Contact Maggie Baldwin for first session. C 817- 683-1183 E maggie.baldwin@ntxsnap.org
Sunday Ft Worth Cats Game 	June 5	5:00pm	SNAP Men's Club – Families Invited Going to see Fort Worth Cats vs. Amarillo Sox - LaGrave Field - 301 NE 6th St, Fort Worth, TX 76164-9434 SNAP Men, SNAP Members and families welcome. Tailgate Party – food and drinks provided. Contact Cylinda Marshall SNAP Office 817-545-9456 C 817-797-5411 E cylinda.marshall@verizon.net
Monday 	June 6	6:30pm – 8:30pm	SNAP J.O.B.S. (Just Our Business Support) Club is a place where Members come to share about their jobs, learn how to pursue a job (if they are looking), discuss employment-related issues and learn what it takes to succeed on the job. Small Conference Room & SNAP Board Room 901 Clinic Dr, Euless, TX 76039 Contact Paula Baker C 817-832-6683 Prbaker56@aol.com
Tuesday <i>Creative Life Coaching Small Group Workshop</i>	June 7 June 14 June 21 June 28	1:00pm – 3:00pm	<i>Creative Life Coaching - Tuesday Small Group Workshop – People Skills – When & How to appropriately advise others, Managing our emotions when with others, Understanding & using humor appropriately with others, and more.</i> SNAP Board Room - 901 Clinic Dr, Euless, TX 76039 Registration fee: \$30 per session or \$100 for all sessions if paid before the first session. Seating limited to 6 people. (Cash or Check, made out to "Creative Life Coaching", at the door.) Contact Paula Baker by June 5th for first session. 817-832-6683 Prbaker56@aol.com www.specialneedslifecoaching.com
Sunday 	June 12	TBA (SNAP Movie – TBA Tinseltown Movies - 911 W Highway 114, Grapevine, TX 76051 (Hwy 114 @ Wm D. Tate) RSVP to Regina Kropf by Friday Morning 817-946-4109 Regk25@aol.com Time subject to change. Please arrive 20 minutes early and meet at the Food Court.)
Friday 	June 24	6:30pm – 9:00pm	SNAP Guys Night Out – TBA Large Conference Room, 901 Clinic Dr, Euless, TX 76039. Tentative plans are for a Cook-out / Outdoor Games night. Food and drinks provided. Cost: \$10.00 at the door. Contact Roger Marshall by June 20th - 817-798-1745 ram747@verizon.net
Monday 	June 27	6:30pm – 8:30pm	SNAP Girls Night Out – with Shirley Knudson and Paula Baker Large Conference Room & SNAP Board Room, "Exercise Can Be Fun!" Join us as Carol (Denise's mom) proves to us that exercise can really be <u>FUN</u> . It does not have to be something to dread. Let's learn together to keep our bodies fit and healthy. RSVP to Shirley Knudson n 817-688-5552 shirley.knudson@charter.net

[Redefining the Rules Governing Service Animals Covered by the ADA](#)

By Thomas E. Perez, Assistant Attorney General for the U.S. Department of Justice's Civil Rights Division

Service animals play an integral role in the lives of many individuals with disabilities, providing assistance in a wide variety of ways so that they can have the freedom to go about their daily activities. For this reason, Title III of the Americans with Disabilities Act (ADA) requires that places of public accommodation, such as [on public transportation] hotels, restaurants and retail stores, accommodate individuals with disabilities who use service animals. However, when the Department of Justice (DOJ) originally issued its Title III regulation in the early 1990s, the Department did not define the parameters of...

Read more at <http://blog.govdelivery.com/usodep/2011/05/redefining-the-rules-governing-service-animals-covered-by-the-ada.html>

If you have questions, call Dan Gadbury at 817-569-4045.

New Medicaid Identification Card - DARS consumers who are Medicaid recipients soon will receive a new plastic credit card-type identification card (Your Texas Benefits Medicaid card) to replace their paper Medicaid ID form. Paper ID forms mailed in May tell recipients about the card and direct them to a Web site (www.YourTexasBenefits.com) and a toll-free number (1-800-252-8263) for more details.

Those who depended on the paper ID letter to confirm Medicaid coverage each month will still be able to get that information by dialing 2-1-1 (pick a language, then pick option 2).

Most recipients who have Medicaid will get the card in June. Along with the card, they will receive instructions on how to use it, details explaining the information printed on each section of the card, and a list of helpful phone numbers.

The card is part of a new system that uses digital technology to simplify the process of verifying a person's Medicaid eligibility and make it more efficient. The two main elements of the system are the Your Texas Benefits Medicaid card and a new secure Web site where providers can get current information on a person's eligibility and to access each recipient's history of Medicaid services and treatments. Recipients who wish to do so can opt out of this feature, which is expected to be available before the end of 2012.

Learn more about the new system on the <http://www.hhsc.state.tx.us/>.

If you are not receiving this newsletter through e-mail, please send us your FULL NAME as it appears on the mailing label and e-mail address to dan.gadbury@mhmrtc.org with "Requesting FCS NewsFlash" in the subject line. This will help us cut our postage costs. Thanks!!!!!!!!!! The NEWSFLASH is brought to you by the Family Support Council & MHMRTC, MR/IDD Services. Your help in alerting us to community information is greatly appreciated. Please forward to Dan Gadbury @ dan.gadbury@mhmrtc.org or call 817-569-4045 – or Kim Gilchrist at Kimberly.Gilchrist@mhmrtc.org or call 817-569-5491. If you have received this mailing and would prefer not to be on our e-mailing list, please send back a reply with REMOVE in the subject line. Para mas informacion en espanol, por favor llamar a Ruth Valdez al (817) 569-4014.