The Arc Advocate

The Arc of Harrisonburg and Rockingham promotes and protects the human rights of people with intellectual and developmental disabilities and actively supports their full inclusion and participation in the community throughout their lifetimes. For people with intellectual and developmental disabilities since 1962.

Volume 44, Issue 1

Dianne Fulk, Administrative Director    arc@hrarc.org

The Director’s Corner

Important Dates:

Feb 11  Special Needs
Trusts and Future Planning
Feb 12  Valentines
Dance Rec Center 7:00-8:30p
Feb 19  Deadline for the
Art Contest
Feb 19 Basketballs Game
JMU Convocation Center
7:00-8:30p
Feb 24 Special Needs
Trusts and Future Planning
Mar 4  Dance
Rec Center  7:00-8:30p
Mar 10 Special Needs
Trusts and Future Planning
Mar 11 The Art
Contest
Simms Center  6:30 p.m.
Mar 18  Dance
Rec Center  7:00-8:30p
Mar 23 Special Needs
Trusts and Future Planning
April 15 Baseball Game
Veterans Memorial Park
6:00-8:30p
April 29 Baseball
Game
Veterans Memorial Park
6:00-8:30p
May 20  Cook Out
Westover Park Shelter
6:30-8:00p

Roger had been looking for another job to supplement his income from The Arc Op Shop so he could buy some new clothes. He interviewed at three places and was excited to be hired on at Dominoes in November. Dave, his manager, was thrilled to find someone with pizza box folding skills! Roger has had to learn some new skills such as folding different sized boxes and lining the boxes. As you can see from the picture, Roger likes his uniform and wears his uniform with pride. Roger said “I like to work. My parents didn’t raise me to be lazy”. He not only enjoys the extra pay check but he is giving back to others too! There is a program at Dominos that allows all employees to donate $2.00 - $5.00 from their paycheck to go into a fund in case one of them needs money to pay for hospital bills, doctor bills or if they get sick and are off of work. Roger signed up for this and is donating $2.00 from each paycheck! Way to go Roger! You got another job and are helping others too!

The Arc Art Contest 2016

The Arc of Harrisonburg and Rockingham is again holding a special art contest to coincide with Developmental Disability Awareness Month in March. The contest is open to individuals of any age with an intellectual Developmental disability or developmental delay who live in Harrisonburg or Rockingham County. Membership in The Arc is not required. The art entries never fail to demonstrate the artistic creativity of children and adults with developmental disabilities.

Would you prefer to receive your newsletter via email? Just email us at arc@hrarc.org with the subject line GO GREEN
Through a United Way grant, Rockingham County School System and The Arc of Harrisonburg and Rockingham formed a partnership with the goal of providing non-waivered individuals with intellectual and developmental disabilities from the school system, ages 18-22, the opportunity to experience valuable community engagement with supervision and transportation provided through Arc staff. The program began in March of 2015 and will run through April of 2016. Three students attending TAHS participated with two DSPs alternating days. A schedule was set up through collaboration between Shasta, our coordinator, Faith, the Transition Specialist with RCPS, and a couple SPED teachers from TAHS. The community integration program operated for 3 days a week, four hours a day. Each week 3 young men participated in pre-vocational, community integration, and recreational activities. Prevocational activities included volunteering at the RCPS media center, Sentara Wellness Center, and Meals on Wheels. Community integration activities included independent life skills such as doing laundry at a local laundry mat, going out to eat, and going grocery shopping. Recreational activities involved spending time at Westover Rec. Center, going to parks, spending time at the library, and other leisure activities of their choosing. Scheduling and transportation issues became challenges in working between the schools and Arc, but it was all worth the time and energy once the program began. Weekly reports from the Arc Op Shop staff presented positive growth in behaviors, attitudes, and increased demonstration of the students’ responsibility in their volunteer experiences. These young men learned a new awareness of community engagement and what society has to offer them when they complete their schooling. The program was put on hiatus during the summer months while school was not in session. Perhaps real life stories can better relay the success of the program more than reports and data can provide. One young man was offered and accepted a part time paid position at the Media Center with RCPS during the summer months. This experience could possibly lead to a full time position when he graduates. The teacher of one gentleman who attends a transition class at BRCC through RCPS reported that many other students are interested in joining this program if we are fortunate enough to secure another grant for the upcoming year. The special ED teachers at TAHS stated that these students’ grades and attitude had significantly improved over the year. One of the objectives of this program is to meet new people and form relationships through community integration. One example of this happened recently at the Wellness Center. Through conversations between a gentleman who spends much time at the gym and one of the students, it was discovered the student had an upcoming birthday. When they walked in to the center, the gentleman surprised the young man with a Tee-shirt for his special day. Both The Arc and RCPS feel this experience has been a win-win situation for all involved. The Arc has recently submitted a grant in hopes of continuing and expanding this venture to involve more students, Arc staff, and opportunities for community engagement. Let’s keep our fingers crossed that we will receive the grant and be able to continue this collaboration and valuable services.
Notes from the Board
James Ward, President
wardj.hrarc@gmail.com

As some of you may be aware, the state of Virginia continues to be in negotiations around the fulfillment of a settlement agreement reached with the Department of Justice with regards to treatment of individuals with disabilities in the state of Virginia.

A hearing had been scheduled for January 12th regarding Virginia’s delay in implementation of this settlement. That hearing was canceled as progress has been made, though there are ongoing negotiations.

This settlement, and Virginia’s proposed roll out of changes, will affect our local Arc. As negotiations are ongoing, it is difficult to say now how exactly this will impact or when. It is possible that our area could serve as a demonstration project area.

We will keep you posted as we are able.

For more information on the DOJ hearing, see https://gallery.mailchimp.com/ece9e0333c/files/DOJ_Document.pdf.

In other news, Dr. Nicholas Swartz has resigned from the board of The Arc. I would like to thank him for his service and hope we can continue to collaborate when possible.

James Ward
President of the Board

The next board meeting will be Mondays, Feb. 15, and Mar 21, 2016 at 6:30 pm

The public is always welcome and invited to share their comments.

The Arc would like to give their Condolences to the family of
- Pauline Sites (Becky’s aunt)
  - Galen Fitzwater Sr. (Becky’s cousin)
  and
- William “Eater” Arthur Whetzel (Shasta’s father)

Special Needs Trusts and Future Planning

Karen L. Rowell, Esq. and Chad Knicely will be available to meet with you at the Arc (620 Simms Avenue) for a complimentary 30 minute introductory consultation on Special Needs Trusts and Future Planning February 11 and 24, an on March 10 and 23, 2016 from 9:00 a.m. – 2:00 p.m. Schedule your appointment by calling Chad Knicely at 540-746-1761 or by email: cknicely@ft.newyorklife.com
ACKNOWLEDGEMENTS

WE WOULD LIKE TO THANK THE FOLLOWING GENEROUS CONTRIBUTORS FOR THEIR RECENT DONATIONS:

Stephen Boots for his continued donations through Truist
Robert Harper for his continued donations through Truist
Florence, Donald & Todd Turner for a Donation
S.P. & Joann Jones for their Dues with a Donation
United Way of Roanoke Valley for a Donation
The Estate of Shirley Merlin for a Donation
Betty & Rebecca Click for their Dues with a Donation
Betty Lawhorne for a Donation

In-Kind Donations
Betty Lawhorne
Jackie Thomas-Suggs
William F. Greene
Jami Ellisor
Dianne Fulk
Butch & Paula Bowman

Thanks for the Blessing Bags
Dick Simon
Betty & Larry Lawhorne
Bev Mahood
Dianne Fulk
Manheim Auto Auction
Connie Louderback
Cathy Seal & co-workers @ RCPS
Heather Counter
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What is AmazonSmile?
AmazonSmile is a website operated by Amazon that lets customers enjoy the same wide selection of products, low prices, and convenient shopping features as on Amazon.com. The difference is that when customers shop on AmazonSmile (smile.amazon.com), the AmazonSmile Foundation will donate 0.5% of the price of eligible purchases to the charitable organizations selected by customers.

How does AmazonSmile work?
When first visiting AmazonSmile, customers are prompted to select a charitable organization from almost one million eligible organizations. In order to browse or shop at AmazonSmile, customers must first select a charitable organization. For eligible purchases at AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the purchase price to the customer's selected charitable organization.

Smile on us while you shop at amazonsmile. Because when you shop at amazonsmile, AmazonSmile gives. Thank you for your Business.

COURTESY RENEWAL REMINDERS

MEMBERSHIPS EXPIRING in January: none
MEMBERSHIPS EXPIRING in February: Kenneth Beer, Bob & Mary Sease
MEMBERSHIPS EXPIRING in March: Jennifer & Larry Bridges, Nicholas Swartz

Click “like” on The Arc of Harrisonburg and Rockingham page on facebook.
Become a Member of The Arc of Harrisonburg & Rockingham

Your membership includes membership in The Arc of Virginia and The Arc of the U.S. Your dues are tax deductible!

Name: _________________________________________  Address: __________________________________________________

City: State: Zip: Phone: ____________________________________________________________________________________

Email (for newsletter and event information): ____________________________________________________________

Individual/Family Dues: $20

Renewal □  New □

I would like to make an additional contribution

$25 ____ $50 ____ $75 ____ $100 ____ $250 ____ $500 _____ Other:_______

My gift is in memory of / in honor of: ____________________________________________________________

Send acknowledgement to: _________________________________________________________________________

______________________________________________________________________________________________

Thank you!

YOUR INPUT MATTERS     Heather Denman, Executive Director     execdir@hrarc.org

The Department of Medical Assistance Services (DMAS) and Department of Behavioral Health and Developmental Services (DBHDS) will welcome public comment regarding the submission to the Centers for Medicare and Medicaid Services (CMS) amendments to the following 1915© Home and Community Based Services (HCBS) Medicaid Waivers: Intellectual Disability (ID); Individual and Family Developmental Disability (DD) Supports; Day Support (DS). The 1915(c) HCBS waiver amendments can be located at: http://www.dbhds.virginia.gov/individuals-and-families/developmental-disabilities OR http://www.dmas.virginia.gov/Content_pgs/ltc-home.aspx

Virginia has partnered with stakeholders and national experts to transform the Medicaid Intellectual and Developmental Disability (I/DD) waiver system. The intent of the amendments is to offer waiver services designed to assure that people with disabilities have the supports needed to live lives of quality and meaning integrated in the community. The amendments:

∙ Achieve consistency, equity, quality and accountability across waivers;
∙ Unify eligibility implementing a single DD eligibility criterion;
∙ Implement one process to qualify for and access I/DD supports;
∙ Provide services and funding based on individual needs; and,
∙ Include new services that create more choices and opportunity.

The 30 day public comment period closes on Monday, February 29 at 5:00pm Eastern Standard Time (EST).

Instructions for Public Comment Submission:

Electronic Submission- If you are submitting comments, please ensure comments are labeled by waiver and by appendix. Comments should be sent to mylifemycommunity@dbhds.virginia.gov; comments may be sent within the body of an email or placed within a Microsoft Word document.

Or, submit via US postal mail to:
Deanna Parker
The Department of Behavioral Health and Developmental Services
PO Box 1797
Richmond, Virginia 23218-1797

Or, Fax to: Deanna Parker, (804) 692-0077

Copies may also be requested by contacting via e-mail at mylifemycommunity@dbhds.virginia.gov, or by mail to:
Deanna Parker, DBHDS, PO Box 1797, Richmond, Virginia 23218-1797

Our thanks to each of you who supports The Arc through direct monetary donations, United Way contributions, using AmazonSmile, volunteering your time and energy to our programs, or purchasing Op Shop crafts. Your giving allows us to continue to make a better life for persons in our community with intellectual and other developmental disabilities.
The Arc Staff

Heather Denman, Executive Director
Dianne Fulk, Administrative Director
Terri Gibbs, Director of Support Services
Patricia Dunn, Administrative Assistant
Dick T. Simon, Office Assistant
Rebecca Wiggins, Op Shop Coordinator
Shasta Rasnake, GOLD Program Coordinator
Beverly Mahood, Direct Support Professional
Gayle Peterman, Direct Support Professional
Emily Shifflett, Direct Support Professional
Lori Yost, Direct Support Professional
Olivia Herrold, Direct Support Professional
Carolyn Jackson, Direct Support Professional

Wish List

- Laptop computer
- Breakfast bars (granola, Belvita, Nutrigrain etc.)
- Aluminum Cans to crush and sell (rinse cans if possible)
- Snacks (pre-packed i.e. animal cracker, cheese puffs etc.)
- Napkins
- Paper towels
- Plain white paper
- Plastic Forks
- Plastic Spoons
- Large clear storage tubs w/ lids
- Non-violent computer games

If you no longer wish to receive our newsletter or are receiving duplicate copies, please call The Arc office at 540.437.9214 ext. 130, email us the correction at arc@hrarc.org, or mail this page back to us marked “remove.” Thank you.