



# ARC RESOURCE UPDATE



***Hello Everyone! The Arc Resource Update will now be distributed to all of the Arc's Case Management clients on a monthly basis. This flyer offers a variety of community resources and events that are available in the community over the next month. It will also offer a look into the field of developmental disabilities with training opportunities and word definitions. Please contact your case manager for further details, eligibility requirements, and application information for each event.***

## Reminders

**Angel Food** provides high quality food at low costs for families in need. There are no applications required! Simply complete a registration form, bring it to your local Angel Food site, and pick your food up at the same site. Four convenient Wichita locations!! Please call your case manager for a registration form and menu.

**Lunch Bunch** is held at the Arc the third Wednesday of each month from 11:30am until 1:00 pm. The lunch costs \$3.00 per person and includes a meal, desert, and beverage. If you are currently home during the day and want more socialization opportunities - this might be for you! Reserve your spot by calling 943-1191

**Tax Help** will be offered at the Arc by the EITC coalition on February 24 based on income eligibility. Please call the Arc to schedule your half hour appointment.

**Summer is right around the corner. Do you have a plan for when school is out? Don't hesitate to call for more information on summer services.**



## Community Resources

***There are numerous community resources available to you and your family. Please call your case manager for more details.***

**Utilities Assistance:** During the winter, our attention is easily shifted to rising utility costs. Please contact the American Red Cross at 219-4070 M-W 8:30am-2:30pm, Catholic Charities 262-8898 Mondays from 8am-9am, Center of Hope Mondays 9am-4pm, or the Salvation Army 263-2769. These options do not guarantee assistance, but may provide some relief in **EMERGENCY** situations only.

**Kansas Energy Efficiency Program (KEEP)** allows income-eligible families low-interest loans to purchase energy efficient heaters to make conservation home improvements. Contact your case manager for details.

**Kansas Mission of Mercy Dental Day:** February 2 & 3 at the Landon Arena Expocenter in Topeka - Sponsored by the Kansas Dental Charitable Foundation - Offers **FREE** fillings, cleanings, and extractions for adults and children with no income eligibility requirements - Services will be provided on a first come, first served basis - No appointments will be taken - Doors open at 5:00am!



**Respite Outreach Care for Kids Organization (ROCKO)** is continuing to offer low cost respite care for children with disabilities and their siblings. They are currently holding monthly events for children with disabilities and their siblings. The cost is \$5/hour for children and \$3/hour for siblings. Call 218-9363 for schedules and reservations.





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## Activities

The Arc offers a variety of large and small group activities especially for you! Make it your New Year's Resolution to join in an Arc event! New spring schedules are now available! Please call 943-1191 for information and reservations!

### Orchard Park February Events:

February 6 - 5:30-7:30pm Cost is \$4.00

#### Good Morning Orchard Park Dinner

February 13 - 5:30-6:30pm \$18.00/couple

#### Couples Only Dinner and Dance

Includes dinner, dance, flower, and picture

February 13 - 6:15-8:30pm Cost is \$4.00

#### Valentine's Day Dance including picture

February 20 - 7:00-8:30pm **DANCE!**

February 27 - 7:00-8:30pm Open Gym and

#### Wichita Hockey Thunder Demonstration

### Young Adult Club February Events:

February 24 - 5:30-9:30pm **Dinner & Movie**  
\$18 without HCBS

### Discovery Days February Events:

February 10 - 10am-3pm - \$15 without HCBS

#### Valentine's Party and Movie

\*Please bring 15 Valentines

### Adult Days February Events

February 14 - 12:30-2:30pm **ART DAY**

February 28 - 12:30-2:30pm

#### Bowling at Seneca Bowl

**If you have Supportive Home Care...**Currently, there is a para who is interested in hours. She is available Monday-Friday from 5-8pm and on the weekends in the morning. If you are interested, please contact your case manager for details.

## Training

**Together We Can Learn:** February 19th 8am-5pm - Presented by Families Together - Incredible presenter line-up highlighting the ways to open the doors to inclusive educational practices! The cost is \$40 for parents or people with disabilities. Register today - [www.familiestogetherinc.org](http://www.familiestogetherinc.org)

### Making Beautiful Music - Together:

February 22-23 - Kansas Division for Early Childhood 25th Anniversary Annual Conference at the Hilton Wichita Airport. The cost is \$120 for parents. Register today - [www.kdec.org](http://www.kdec.org)

## Word of the Month

### Person Centered Support Plan (PCSP) -

Each year, during your or your child's birth month, a meeting is held with the team to discuss the previous year, the present situation, and plans for the future. The "team" includes the person, the person's guardian and/or family, the case manager, the Supportive Home Care team, Residential and Day staff, and anyone else the person would like to include. This meeting is designed to **highlight the strengths and abilities of the person**. The plan is based on the person's support needs, so those caring for the person can have **a plan to help in the most beneficial way possible**. The plan also highlights the person's preferred lifestyle and goals for the future. This plan is a "living" document meaning it can be updated and added to as needed. The PCSP must be completed on an annual basis and is required by the state of Kansas.

