



# THE ARC RESOURCE UPDATE



**Hello Everyone! March is Mental Retardation Awareness Month. Please keep posted on Awareness events throughout the month of March! This month's Resource Update is full of more resources, reminders, and activities for you and your family. Please contact your case manager for more information and eligibility requirements. The Arc's phone number is 943-1191 and our website is [www.arc-sedgwickcounty.org](http://www.arc-sedgwickcounty.org). Take care and have a safe month of March!**



## Reminders

**Tax Help** - If you qualify for low-income tax services and were not able to attend The Arc's tax clinic on February 24th, please contact the Low-Income Tax Clinic at 652-1557. Remember your taxes are due by April 15th.

**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.

The Arc is open daily from 8am-4:30pm. We will be closed to observe the following holidays in 2007:

- \*\*January 15 - Martin Luther King Day
- \*\*May 28 - Memorial Day
- \*\*July 4 - Fourth of July
- \*\*September 3 - Labor Day
- \*\*November 22 & 23 - Thanksgiving
- \*\*December 24 & 25 - Christmas
- \*\*December 31 & January 1 - New Years

If there is an **EMERGENCY** outside of business hours, please contact the **EMERGENCY** cell phone 992-9038.



## Community Resources

There are numerous community resources available to you and your family. Please call your case manager for more details. Community Resources are continued on Page Two.

**See-Dee-Dee-GO!!** The Sedgwick County Developmental Disability Organization has developed a new website that highlights community events for people with developmental disabilities. The website offers a comprehensive calendar of the Wichita area. It also has access to permission slips, sponsors, and other helpful information. Check it out today!

[www.seedeedeego.org](http://www.seedeedeego.org)

### Dennis Debbaudt's

#### Autism Resource Newsletter

can be viewed each month by going to <http://www.autismriskmanagement.com> and clicking on the "newsletter" heading. This newsletter is a quarterly publication and offers information on dealing with emergency professionals and law officers. It includes other helpful advice and resources for families of people with developmental disabilities.

### Kansas Institute for Positive Behavior Supports (KIPBS)

is a new resource for children ages 0 through 20. This program allows professionals to bill Medicaid for positive behavior supports. A person from this program would work with the family and team to develop a "comprehensive and multicomponent approach for reducing the problem behavior while improving the quality of the child's life." Please visit [www.kipbs.org](http://www.kipbs.org) for more behavior supports information and KIPBS newsletter. To begin the KIPBS process, please call your case manager.



## Arc News



Since March is Mental Retardation Awareness Month, The Arc will have billboards around the community. These billboards will highlight several Arc clients and what makes them different. For example, "I'm Different - I play seven instruments." Please keep an eye out for the billboards beginning in March!





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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 March Events:

**Fajita Festival:** March 6 5:30=8:30 \$4

**Arts&Crafts and Open Gym:** March 13 7p-8p  
Self-Advocate Forum at 6:15



**Dance!** March 20 7-8:30



**Open Gym and Movie Night:**

March 27th 7-8:30pm



### Young Adult Club March Events:

**Thunder Hockey:** March 2nd 6-10:30pm  
\$18 without HCBS

**Circle of Friends Variety Show & Dinner:**  
March 10th 5:30 -10pm \$15 without HCBS

**Spring Break Break:**8am-4:30pm Mar. 19-23  
Please contact The Arc for details.

### Discovery Days March Events:

**Sesame Street Live:** March 10th 9:30am-  
2:00pm \$18 without HCBS


**Spring Break Break:**8am-4:30pm Mar. 19-23  
Please contact The Arc for details.



### Adult Days March Events

**Art Day:** March 14th 12:30-2:30 at The Arc.



**Movie Day:** March 28th 12:00-2:00 at Palace  
West. Movie is  and \$2 for  
pop/popcorn.

**2007 Mini Tours** are filling up quickly. There  
a variety of day and overnight trips being  
offered throughout the year. Please contact  
The Arc for a calendar events and to reserve  
your spot today!



**Wichita State Dental Hygiene Clinic** offers dental  
work at reduced fees. They offer a number of  
services including cleanings, fluoride treatments, x-  
rays, and sealants. Since this is a teaching facility,  
appointments may take 2-4 hours. If you would like  
to schedule an appointment or learn more about the  
program, please contact the WSU Dental Hygiene  
Clinic at **978-3603**.

## Training

**NAMI Family-to-Family Education Program** is  
being offered for family members or close  
relatives with specific mental illnesses. This is a  
12 week series of weekly classes that will be  
taught by trained volunteer family members who  
have a loved one with a serious mental illness.  
This course is offered at no charge to the family.  
The course will be Tuesdays from 7-9:30 and will  
begin March 6th at Lorraine Avenue Mennonite  
Church. Please call Rose Stengel **687-2295** or  
Treve Kuchti **685-9157** to register.

**Fundamental Learning Center Lecture  
Series** offers low-cost courses on learning  
disabilities (such as dyslexia) and strategies  
for helping children succeed in school.  
Please contact Fundamental Learning Series  
for more information at **684-7323**.

## Word of the Month

On the annual PCSP, the case manager will  
ask you about your **preferred choices**. A  
**preferred choice** is the choice a person  
would make if he/she could make any choice  
he/she wanted. In this situation, it is  
important that the person is making an  
**informed choice**. When a person is  
provided with information on a variety of  
available options before making a decision,  
they are making an **informed choice**. In the  
case of any important decision, including  
preferred choices, it is necessary for a  
person to be aware of all the opportunities  
and risks involved.

## Community Resources Continued

**Friends University** - Center on Family Living  
- is now offering counseling on a sliding fee  
scale. They offer a variety of therapeutic  
services for individuals, couples, and families.  
Appointment times are flexible and can  
accommodate all work schedules. The  
Center is located at **Hiram and Kellogg** on  
the Friends University Campus.  
Call **295-5638** for an appointment or more  
information. Tell them you heard about it  
from The Arc!

**Circle of Friends** is an Arc supported group that offers opportunities for students with and  
without disabilities to form friendships in order to promote awareness and inclusion and to  
have fun! **Circle of Friends** will be putting on a variety show at **Maize High School** on **March  
10th**. This will be a fun-filled event highlighting the talents of many **Wichita area students**.  
**Call The Arc for more information.**