



RESOURCE UPDATE



Community Resources

Looking for **autism or asperger's support group**? Go to **www.meetup.com** and enter your area of interest and your zip code. It will automatically connect you to local support groups where you can chat, give advice to others, and get information on what other families are doing in Sedgwick County.

Comcare is now offering a therapy group for adults who have dual diagnosis. This means the individual has a developmental disability AND a mental illness. The group meets **Tuesdays from 10am-11:30am**. For more information on Comcare services contact your case manager or the Comcare Intake and Assessment Department at **660-7540**.

The Disability Rights Center of Kansas is celebrating it's 30th Anniversary! The DRC is the official protection and advocacy system for Kansas. They will be hosting a variety of events across Kansas to celebrate 30 years. For a complete schedule, please visit the DRC website at www.drckansas.org. DRC also offers information, referral, technical assistance, advocacy representation, and possible legal representation to people with disabilities whose rights are not being upheld. They are also very active in the state legislature. To contact the DRC or to join their mailing list, call **1-877-776-1541** or visit their website at www.drckansas.org.

Happy Thanksgiving from all of your friends at The Arc!



Once again, this month's edition of The Arc Resource Update is full of many more exciting activities, helpful resources, and handy information. As always, we are here to meet your needs, so if you would prefer to receive this update by email, please contact your case manager. The Update can also be viewed on The Arc's website at www.arc-sedgwickcounty.org. Also, if you have an outstanding resource that you would like to share with The Arc community, please contact your case manager.



REMINDER: The Arc will be closed on November 22nd and 23rd for the Thanksgiving Holiday.

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Training Opportunities



The Epilepsy Resource Connection (ERC) is hosting their second annual conference. **Brainstorms: Bringing epilepsy Stigma out of the Shadows** will be held **November 10th from 9:30am-3:30pm** at the Eugene M Hughes Metropolitan Complex (5015 E 29th St N - Wichita). This event is **FREE!** Please make your reservation today by calling **943-1191** or register online at www.epilepsybrainstorms.org.

Families Together is hosting their **"Inclusion: Together We're Better"** in Wichita at the Hyatt Regency. The event will be held from **8am-4pm on December 8th**. Prices vary from **\$20-\$50** depending on when you register and if you are a student, parent, or professional. Please contact Families Together at **945-7747** or at www.familiestogetherinc.org to register.

Families Together offers a variety of other trainings and events across the state of Kansas. For more information and a calendar of events, please go to www.familiestogetherinc.org.



Word of the Month

Whenever a Basis assessment is completed for the first time, a **Notice of Action (MR-5)** is sent to you. It is a letter from SRS Health Care Policy that explains if you are or are not eligible for HCBS funding. This is an informative letter, so you do not need to take any action. The original form is sent to the you and a copy is sent to your case manager. After the original **Notice of Action**, you will receive a **Re-evaluation (MR-4)** each year after your annual Basis is completed. Again, this will indicate eligibility for HCBS, and you do not need to act on this form. Your case manager will keep a copy of this form in your permanent file with your Plan of Care.



THE ARC RESOURCE UPDATE



Arc Activities

The Arc offers a variety of large and small group activities especially for you! Join in an Arc event today! New fall schedules are now available! Please call **943-1191** for information and reservations! Reservations are required for all activities except Orchard Park events.

Orchard Park Events (Ages 13 and up):

Patriotic Deluxe Salad Bar - November 6th
5:30p-7:00p followed by open gym until

Craft Night and Open Gym -

November 13th 7p-8:30p



Self-Advocate Forum at 6pm

Thankful Feast and Dance - November 20th
5:30p-8:30p, Call The Arc for cost info

Movie Night - November 27 7p-8:30p



Young Adult Club Events (Ages 13-25):

Swimming and Lunch - November 3rd 10am-3pm - \$15 (\$10 with HCBS)

Progressive Dinner - November 17th 6pm-9pm - \$6 (\$3 with HCBS)

Discovery Days Events (Ages 6-12):

Swimming and Lunch - November 3rd 10am-3pm - \$15 (\$10 with HCBS)

Adult Days Events (Ages 16 and up)

Art Day at the Arc - November 14th
at 12:30pm-2:15pm



Movie Day at the Palace - November 28th
1:00pm-3:00pm



Lunch Bunch will be **November 14th at 11:30am**. Lunch costs **\$4.00**. The meal theme this month is Mexican Thanks. Lunch Bunch is held the third Wednesday of each month except in November and December.

News and Information

"People First!" by Donna Beauchamp from the University of Kansas:

"People First language is the responsible, respectful way to refer to a person who has a disability. It puts the person first, then the disability, if it even has to be mentioned at all. Say a child 'who has autism' instead of an autistic child. Don't refer to a person as 'confined to a wheelchair' or 'wheelchair bound.' Say the person is 'using' a wheelchair to move from place to place instead of walking. Avoid terms that are obviously negative like 'deaf and dumb.' Use hearing impaired, deaf, or non-verbal. Also don't use words like 'unfortunate, afflicted, or victim of.' People with disabilities are just people, not tragic or defective figures. A developmental disability is not a disease. It is a naturally occurring part of the human experience. Describe people who do not have disabilities as typical rather than normal.



LIGHTS ON SAINT PAUL opening night will be **November 30th at 5:15pm**. The Lights will be opened nightly at 6pm from **November 30th through December 27th**. We still need **volunteers to set up lights before the event and collect donations during the event**. This is a **must see holiday tradition!** Please join us!