



THE ARC RESOURCE UPDATE



Welcome to another installment of The Arc Resource Update. The weather is becoming cooler, school is back into the swing of things, and the holidays are right around the corner. As always, this months update is full of resources, activities, and news for you and your family. If you have any questions, please contact your case manager of The Arc at 943-1191. You can also view this update online and sign up for Arc events at our website www.arc-sedgwickcounty.org. Happy Fall!



Community Resources

Angel food offers high quality low cost food for everyone. There are several Wichita locations. There are no eligibility requirements. The basic food package starts at \$28 and contains A LOT of food. For more information or a location near you, visit the angel food website at www.larryhuttonministries.org

Bethany Lutheran Church at 1000 W 26th St S now is offering group **angel food** offers. These "group" orders can be delivered to you. For details, please contact Connie Hembree at 945-9827.

Looking for a service or resource? Try the **United Way's 211**. Dial 211 **toll free** statewide to get information on resources for basic human needs, support for older individuals, persons with disabilities, children, youth, family, physical and mental health resources, and employment services. Someone will answer your call 24 hours a day, 7 days a week. You can also visit them at www.211kansas.org.



Word of the Month

Psychotropic Medication Plans (PMP) and Behavior Support Plans (BMP) are put in to place to support behavioral needs without restricting rights. The state of Kansas mandates that every plan is reviewed by a Behavior Management Committee. The **Behavior Management Committee** is comprised of professionals in the MR/DD field, members of the community, individuals receiving services, and medical professionals. The committee objectively reviews each plan to ensure that the rights of the individual are being upheld. They ensure that all plans are **least restrictive** meaning any restrictions do not infringe on the person served's rights.

A Christian based liberal arts school in Northfield is starting a classroom for children with developmental disabilities grades 4-12. The class is currently set up for higher functioning students. The classroom open in the 2007-2008 school year, and currently has six students enrolled. This is a private school, so there is a cost with enrollment. Please contact Maria Cospser at 634-6752 or Chris Foster at 648-3456 for further information on the program or enrollment.



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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):

Spooky Baked Potato Bar: October 2nd 5:30-7pm followed by Open Gym until 8 for \$4

Arts & Crafts and Open Gym:

October 9th 7p-8:30 and

Self Advocate Forum 6:00-6:45pm

Dance! October 16th - 7-8:30pm

Open Gym and Movie Night:

September 25th 7-8:30pm

(Motorcycle Night postponed from May)

Young Adult Club Events (Ages 13-25):

Corn Maze at Bergmann's with dinner at Fazollies - October 20th 6-10pm \$18 (\$12 with HCBS)

Ringling Brothers and Barnum Bailey Circus with lunch - October 27th - 10am-3pm \$18 (\$12 with HCBS)

Discovery Days Events (Ages 6-12):

Ringling Brothers and Barnum Bailey Circus with lunch - October 27th - 10am-3pm \$18 (\$12 with HCBS)

Adult Days Events (Ages 16 and up)

Art Day: October 10th 12:30-2:15 at The Arc.

Halloween Carnival: October 24th 12:30-2:15 at Orchard Park

2007 Mini Tours are filling up quickly. There are 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!

Activities and Events

ILRC's Walk&Roll Stroll-a-thon and Car/Motorcycle Show will be on **October 13th from 9am to 1pm at Sedgwick County Park**. Call the ILRC for further information at **942-6300** or visit their website at **www.ilrcks.org**.

Soul Celebration will be held on October 21st from 2pm-4pm at Christ Community Church 2130 S Webb Road. Call **689- 8361** for more information.

House of Hope will be hosting a **dance** on October 27th for ages 18 and up. The cost is **\$1.50**, and the dance will be held at House of Hope - 2400 S Greenwich Call **265-6195** for more information

ROCKO continues to offer wonderful respite programs at reasonable rates for children with disabilities and their siblings. Please check out their October calendar at **www.rockoinc.org**.

Just a reminder: The CDDO has their own activity calendar posted at **www.seedeedeego.org**. It shows many events that are happening in Sedgwick County for people with developmental disabilities.

LUNCH BUNCH is back! Lunch Bunch is held on the 3rd Wednesday of the month for Arc participants, staff, and volunteers to eat and socialize. October's Lunch Bunch will be on the 17th and the theme will be Spooky Food that Crawls in the Night. It costs **\$4** and runs from **11:30am - 1pm**.

