



# Resource Update



March is mental retardation awareness month! If you need more information on anything you read in the resource update, please contact your case manager.

**Here at The Arc, we take pride in providing you the high quality services you want and deserve. We would like to take this opportunity to remind you that if you ever have concerns about your case management services or if your case manager is not meeting your needs, please contact the Director of Client Services - Vonda Bankston at 943-1191 extension 117. You can also contact Vonda if you need assistance when your case manager is out ill or on vacation. We want your experience with case management to be positive, so please do not hesitate to let us know how we can better serve you.**

University of Kansas Weight Loss Program is offering a weight loss program for people with developmental disabilities. If you are interested in losing weight, this program will offer "meal replacement" for the same cost you are spending on food now. They offer support throughout the diet. It is meant to help participants lose 5-10 pounds each month but results may vary. If you would like more information, please contact your case manager.

Leadership Education and Advocacy Program is a 3 semester program offered through WSU. There is no cost to participate in this program, and when completed, students will have earned 7 psychology credits. The purpose of the class is to teach empowerment, advocacy, and self-help. The program is on the bus route. For more information, call 978-3381 - registration will begin in July.

Dennis Debbaudt's Autism Resource Newsletter can be viewed at [www.autismriskmanagement.com](http://www.autismriskmanagement.com) By clicking on the "newsletter" heading, you will view the quarterly publication which offers information on dealing with emergency professionals and law officers. It includes other helpful advice and resources for families of people with developmental disabilities.



## Community Resources



The CPRF School for Adaptive Computer Training will begin a nine week course starting March 24th. SACT is a federal funded school with a mission to help people with disabilities become more self-sufficient. The school offers Microsoft Office Specialist Training with job placement assistance. For more information, call CPRF at 688-1888 or go to their website at [www.cprf.org](http://www.cprf.org).

The South Central Kansas Economic Development District has additional funds for home modifications. They also offer a number of various loans to those who meet eligibility requirements. Please view the website at [www.sckedd.org](http://www.sckedd.org), call 262-7035, or contact your case manager to learn more about the program and eligibility requirements.




# Arc Resource Update

## Activities - March 2008



Arc Activities require a reservation. Call 943-1191 to save your spot!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>The annual Ladies Luncheon will be held March 4th from 11am-1pm at the Airport Hilton. The cost is \$25 a ticket. Please purchase your tickets in advance at The Arc.</p>						1 Mini Tour
2	3	4 Ladies Luncheon Orchard	5	6	7	8 YAC
9 Mini Tour	10	11 O.Park Epilepsy Support Group	12 Lunch Bunch Adult Day	13	14	15
16	17 Spring Break	18 Orchard Park	19	20	21	22
23	24	25 Orchard Park	26 Adult Day	27 Mini Tour	28	29 YAC
30	31	<b>Mark your calendar - The Celebrity Auction will be April 26th at The Arc!</b>				

**Discovery Days -Ages 6-12**  
Please call The Arc for more information.

**Young Adult Club - Ages 13-25**  
\*Moseley Street Melodrama (dinner theater) - 3/8. Cost \$30 or \$15 HCBS  
\*Sedgwick County Zoo and Lunch - 3/29 10am-3pm. \$15 or \$10 HCBS

**Mini Tours**  
\*February 29-March 1 - Kansas and Missouri Border Town Tour \$210.00  
\*March 9th- Oklahoma Day of Gambling and Food \$70.00  
\*March 27th- Harlem Globetrotters and Tailgate Dinner \$32.00

The Arc **Spring Break** week will be March 17th-25th for ages 5-21. The cost will be \$120 for the entire week. Space is limited, so call today to reserve a place.

**Lunch Bunch**  
All Ages Welcome  
HOBO Food -March 12th 11:30am. Cost is \$4.

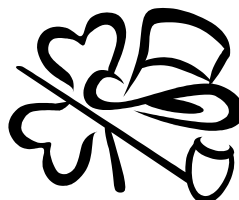
**Adult Days - Ages 16&up**  
Art Day - March 12th 12:30-2:15  
FREE  
BINGO March 26th 12:30-2:30

**Orchard Park—Ages 13&up**  
March 4th —Chili Cheese Dogs 5:30-8:30pm \$4  
March 11th — Self-Advocate Open Forum 6-6:45 FREE  
Crafts and Open Gym Night 7-8:30pm FREE  
March 18th —Dance 7-8:30pm FREE  
March 25th —Movie and Open Gym 7-8:30pm FREE

**Adult Epilepsy Support Group**  
March 11th 5pm  
The Arc

**CAMP PRIDE** will take place August 4-8th for ages 13 and up. There will be no YESS Camp this week - meaning that EVERYONE has to register separately from the YESS CAMP application. The cost is \$240.00 and payment is due by June 15th. Camp Pride is filling up fast - call The Arc today to add your name to the waiting list- 943-1191!

For more activities, please go to [www.seedeedeego.org](http://www.seedeedeego.org) or [www.rockoinc.org](http://www.rockoinc.org) or [www.arc-sedgwickcounty.org](http://www.arc-sedgwickcounty.org)



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★ Coming in April... ★  
★ Summer Camps 2008 ★  
★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★