

From Homeless to Fabulous

By: Peggy Cooper

Mary was found on the street, homeless and assumed to be a drunk. While there were many acts of kindness along the way, most people walked by homeless Mary like she was invisible. No one paid any attention to her, so no one noticed that she is partially paralyzed, partially blind, has epilepsy and an intellectual disability. Mary did not have a voice until Nancy Rus, a perfect stranger, saw Mary alone, beaten and afraid, sitting on a park bench across from Nancy's favorite coffee shop in Chattanooga.



Mary on the street

Nancy is very involved in animal rescue and she could not help but approach Mary to help her, to save her, and thank goodness she did. Nancy used her own money to put Mary up in a hotel room, got her medical attention, and then began making her way through the very complex system to get Mary appropriate services and supports.

Nancy took Mary to several social service agencies in the Chattanooga area seeking help for a woman who could not advocate for herself and who had not seen her family for more than 20 years. She was turned away from many of those agencies because Mary did not fit their prescribed criteria or because Mary has occasional anger outbursts.

Mary wound up at Moccasin Bend Mental Health institute for a mental evaluation. Nancy continued her search because she didn't want just a temporary shelter for Mary. She wanted a happy ending, a solution, a home for Mary. Nancy finally ended up on the phone with Susan Moss, deputy director of constituent services at the Department of Intellectual and Developmental Disabilities (DIDD), who sent her to Jenny Kimbrough, advocate of The Arc TN, and the fight broadened to get services in place. Jenny made calls on behalf of Mary and provided information to move the process along.

Nancy found Mary's family and her elderly mother helped with medical history that finally brought a diagnosis of intellectual disability. This got Mary out of Moccasin Bend and into DIDD Waiver-funded Home and Community Based Services. Her supported living provider is ProLex Medical Services Inc. Betty White, executive director, saw that Mary's home was remodeled just for her and helped Mary choose furnishings.



Betty with Mary at her new home ***Continued on Page 8***

2011 - 2012
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The Arc Tennessee values diversity and does not discriminate based on race, ethnicity, religion, age, geographic location, sexual orientation, gender or level of disability.

Committees and Chairs

We are always seeking members for committees. If you have talents in any of these areas or just want to volunteer to participate in any of the committee activities, below are the committees and their chairs contact information:

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Articles Encouraged



Do you have something you would like published in the Connection? Please send it in! Information on where to send your stories, articles, comments and pictures is in the box on the left of this page. Deadlines for issues are:

- Spring - February 28, 2012
- Summer - June 30, 2012
- Fall - September 30, 2012
- Winter - December 31, 2012

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CALENDAR REMINDERS

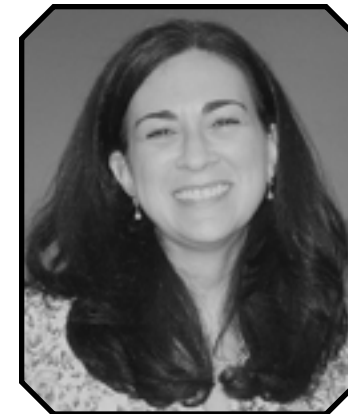
<u>Date & Time</u>	<u>Event</u>	<u>Place</u>
1/31/11, 5-7 pm	Legislative Reception	Downtown Sheraton, Nashville
2/29/12	Disability Day on the Hill	Legislative Plaza-Nashville
3/7/12	Disability Day on the Hill	Legislative Plaza-Nashville
3/10/12, 9 am	Board meeting	Millennium Maxwell House-Nashville
3/14/12	Disability Day on the Hill	Legislative Plaza-Nashville
4/23-25/12	The Arc US public policy conv.	Washington, DC
5/31-6/1/12	TN Disability MegaConference	Airport Marriott, Nashville
6/2/12, 9 am	Board meeting	Airport Marriott, Nashville
6/2/12, 10 am	Annual meeting	Airport Marriott, Nashville
9/29/12	FedEx Plane Pull Fundraiser	Nashville Airport

MISSION STATEMENT

The Arc Tennessee advocates for the rights and full participation of all people with intellectual and/or developmental disabilities. Through our family-based network of members and chapters, we support and empower individuals and families; connect and inform individuals and families; improve support and service systems; influence public policy; increase public awareness; and inspire inclusive communities.

**CARRIE'S
CORNER**

By: *Carrie Hobbs Guiden,
Executive Director*



Several years ago, I experienced one of my first conference calls with State Executive Directors from chapters of The Arc across the country. I had just been

hired to run The Arc Arizona and was definitely still learning the ropes. The topic of the call was whether or not there should be two types of chapters of The Arc - "advocacy" chapters and "service provider" chapters. There were some people within The Arc organization that believed the two were mutually exclusive - that a provider could never truly provide advocacy because their first concern would always be their bottom line.

I was taken aback by this line of thinking. I had come from a rather large service provider chapter and I thought that we had done a fairly good job in the area of advocacy - we worked on waiting list issues, we were strongly encouraged to respond to action alerts that came from The Arc US, we had an active public policy group, we worked with our local legislators, and we helped anyone who called our organization get connected with the appropriate government services (waivers, SSI, Medicaid, Voc Rehab, etc.) regardless of whether or not they planned to choose us as service provider. Were we perfect? Of course not. Was there occasionally a conflict of interest between what was really best for the individual and what made the most sense from a cost-perspective for our organization? Of course. But we recognized those challenges and worked hard to keep advocacy as a primary focus even though we also provided direct services. To me, if you were a chapter of The Arc, then you MUST have a strong focus on advocacy. It is what separates us from other organizations.

With the Family Support Program through DIDD in danger of being eliminated from the Department of Intellectual and Developmental Disabilities (DIDD) 2012-2013 budget, I am once again reminded of the important role that local chapters of The Arc play in grassroots advocacy efforts. Ever since The Arc Tennessee shared that disappointing news in a press release this past November, local chapters of The Arc have been hard at work raising awareness about the need to save this vital program. Two chapters held Town Hall meetings where families shared their concerns with legislators. Two other chapters have town hall meetings planned in the near future. Five chapters have worked with families to send letters to the governor and their legislators. One chapter organized a "call-in day" to the governor. Other chapters have generated television and newspaper coverage about the potential impact losing the Family Support Program will have on families. Some

chapters have partnered with the Family Support provider agency in their community to raise awareness. Some of these chapters are service providers and some are advocacy-only chapters. But all are united in a common goal - to save the Family Support Program - because they know it is a cost-effective program that positively impacts the lives of over 4500 families supporting a person with an intellectual or developmental disability.

Not only do the efforts of these local chapters provide a great support to the state chapter of The Arc, they are a reminder to people that the heart of The Arc's mission is advocacy. When all chapters and all members of The Arc spread the same message, our collective voice is that much more powerful.

On behalf of The Arc Tennessee and families statewide supporting people with intellectual and developmental disabilities, "thank you" to the local chapters for all your advocacy efforts to save the Family Support Program¹. Your efforts are truly appreciated!

¹ Family Support is a state-funded program providing critical supports and services to over 4500 individuals with intellectual and developmental disabilities at an average of \$1200-\$1400 per individual/family for the minimal cost of \$7.2 million per year.

Elimination of the Family Support program will severely impact the thousands of Tennesseans who use this small amount of funding to keep their family unit intact, to get services to help them work and live in their communities, and in many cases, simply survive day to day. The majority of the individuals receiving Family Support are either on waiting lists for other services or not eligible for other services at all. Elimination of this funding will only shift the costs to other government and public services including hospitals and emergency rooms, nursing homes, and jails.

The Tennessee Family Support Alliance <http://tnfamilysupport.wordpress.com/> is a grassroots organization comprised of citizens who care about the Tennessee Family Support Program and who support its continuance as a necessary component of Tennessee's service array for families who have loved ones with disabilities in our state.

Membership in the Tennessee Family Support Alliance is open to everyone. The purpose of this Alliance is to voice our endorsement of one of Tennessee's most valued and effective statewide programs serving persons of all ages with a variety of severe disabilities, and providing essential support to their families and caregivers.

It is important that lawmakers hear from us about how critical the DIDD Family Support Program is to people with intellectual and developmental disabilities. Help preserve the DIDD Family Support Program and contact your legislators and Governor Haslam today!

Donate Your Vehicle

An Easy Way to Turn Cars into Cash for Charity



About Donating

Donating is as simple as filling out a form online or speaking with a friendly operator. The program accepts cars, vans, trucks, boats with a trailer, and recreational vehicles from anywhere in the country seven days a week, 24 hours a day. All you need to do is provide the year, make and model of a vehicle, the general condition, the vehicle identification number, and have the title and lien in hand. The Arc takes care of the rest and arranges a convenient time for free auto towing. The appropriate tax form is mailed within four to six weeks.



Partnership

The Arc partners with Melwood Charity Car Donation Center, a non-profit agency, to manage and operate our vehicle donation program. Since 1963, Melwood has provided job training and employment for over 2,000 individuals with disabilities.

Donating is easy!

- Tax-Deductible
- Free Towing
- No Hassle
- Call 1-877-Arc-Car0 (1-877-272-2270)
- Or Donate Online at www.thearc.org

Hours (EST):

Monday-Thurs: 8 a.m. – 7 p.m.
Friday: 8 a.m. – 5 p.m.
Saturday: 9 a.m. – 4 p.m.



h.lu's news

By: holly lu conant rees,
President

In my younger, more energetic years, my activism had a global reach, both geographically, and in the range of causes which I supported. I

marched, protested and chanted with all the considerable noise and conviction which a 16 year old can muster. For the last two decades, though, my advocacy has focused on the disability realm, where certainly plenty enough issues abound to make a life's work and then some.

Recently, my family lost our beloved big "housepony" dog, Bruna. I hoped to distract myself from her large absence by checking in on an advocacy discussion group. I followed a link to a news story about a special education scandal. In one of those moments when the cosmos is shouting, "Pay very close attention right now!" I instead landed on a video clip with the caption, *Nashville family's dog dies from treats imported from China*—the same kind we had bought as a Christmas treat for our dogs.

(Doubtless, right about now you're wondering what wild bunny trail I'm hopping down, and what possible bearing this sad tale could have on disability advocacy. Hang on—it will connect, I promise.)

I scoured the internet and found websites, Facebook pages and story after story about dogs who became ill or worse after eating chicken dog treats imported from China. So I was spurred to exercise my advocacy muscles in a different arena: I filed complaints with the FDA and everybody else I could think of, started a petition at Change.org and fired up my social media.

And so we arrive (I can hear your chorus of *Finally!!*) to my not one but two points. First, I don't know whether I or anyone else who has signed my petition will make a difference. I do know that I was compelled to open my mouth and raise my voice, no matter how puny the odds of success. The disability community has taught me about the transcendent power that is generated when outraged, furious, passionate people join together in an effort to shift the way the world works.

That's the energy that fuels change, whether in one person's circumstances, or for an entire nation. One of my heroes from the 60s, Robert F. Kennedy, said, *Let no one be discouraged by the belief that there is nothing one person can do against the enormous array of the world's ills...Few will have the greatness to bend history, but each of us can work to change a small portion of events—and in the total of all those acts will be written the history of a generation.*

Consider the accomplishments to which you, dear readers, have contributed over just the last couple of years, by channeling your energy, commitment and hunger for justice through The Arc Tennessee:

- removing the "r" word (mental retardation) from Tennessee's laws
- establishing protections from abusive restraint and isolation for students with disabilities
- restoring funding for the Family Support program in 2011 (But don't rest on our laurels just yet, since there's an even greater threat looming in the 2012 budget, where this effective, efficient program has been zeroed out—read more elsewhere in this newsletter and take action.)

Here's the second point of the parable of Bruna: after 30 minutes online, I had made dozens of connections with like-minded people, and unearthed page after page of information, research, personal stories and resources.

When my son was diagnosed with a rare genetic condition over a quarter century ago, there was no Facebook, no Change.org, no search engines or listservs. I was fortunate to have a guerrilla R.N. sister who tracked down a few very jargon-heavy (and excruciatingly negative) case histories. Five years later, through a letter in a magazine, I finally connected with another family whose child shared the tiny quirk of DNA which had rearranged our lives. It wasn't until after several head-on collisions with the school system that I first encountered The Arc Davidson County.

Fast forward to 2012. With or without the internet, no family or individual should have to travel on this journey in isolation. The Arc is a living, real-world network which can and should reach into every community in Tennessee, to serve as a resource for information, advocacy and inspiration. My (slightly ambitious...) goal for The Arc Tennessee: at the moment when an individual and/or a family learns that disability has become an aspect of their household, they are immediately connected to The Arc.

The Arc TN has been working towards this goal of high-speed connectivity for very nearly *exactly* 60 years (and you'll be hearing lots more about the 2012 bang-up celebration of our 60th birthday). Every time you speak up or out as a member of The Arc TN community—to a fellow self-advocate or a grandma, to a neighbor or a legislator, to a local business or a policy-maker—you're lighting up one more vital connection in our network.

I used to have a t-shirt which featured the following quote from Margaret Mead, but I wore it till it was faded and threadbare. The idea, however, is still bright and fresh:

"Never doubt that a small group of thoughtful, committed citizen can change the world. Indeed, it's the only thing that ever has."

TennCare Receives \$1 Million Dollar Planning Grant for individuals who are “dually eligible”

By: *Carrie Hobbs Guiden and Doria Panvini*

As part of the Affordable Care Act, a new Medicare-Medicaid Coordination office was created whose purpose is to improve quality, reduce costs, and improve the beneficiary experience for “dual eligibles.” Though the language isn’t exactly “person first,” a person who is “dually eligible” refers to someone who is eligible for and receives both Medicare and Medicaid benefits. The majority of people falling into the “dually eligible” category have disabilities or are elderly, or both. The overall goals of the new office include:

- Ensuring that people who are dually eligible have full access to the services to which they are entitled
- Improving coordination between federal government and states
- Developing innovative care coordination and integration models
- Eliminating financial misalignments that lead to poor quality and cost shifting

The Affordable Care Act expands the authority of the Center for Medicare and Medicaid Services (CMS) to approve new models of care that:

- Adopt a person-centered model of care
- Align the full range of Medicare and Medicaid covered services including
 - o Medical
 - o Behavioral health, and
 - o Long term supports and services (LTSS)
- Improve the actual care experience and lives of dual eligible beneficiaries

The Center for Medicare and Medicaid (CMS) Innovation solicited states to apply for funds to design and test these

new models for serving individuals who are dually eligible. Tennessee was one of fifteen (15) states to receive the one million dollar planning grant from CMS to create this integrated service delivery system.

TennCare held its first stakeholder meeting in December to share its proposed plan and to gather feedback from attendees. The Arc Tennessee submitted its questions and concerns to TennCare and also shared concerns that have been generated by other state chapters of The Arc and The Arc US.

On the surface, the concept of “integrated care” makes a great deal of sense. The devil is in the details. People with intellectual and developmental disabilities often have more specialized needs than individuals who are simply older. It is important to make certain that any new model ensures adequate access to qualified medical care. If sufficient medical doctors are no longer available, people may have difficulty accessing appropriate medical care. Any changes to current prescription drug plans could have a negative impact on people with intellectual and developmental disabilities. These aspects of the proposed plan, and others, must be carefully monitored.

Integration of care for this population is a national trend and is being driven by CMS. We need to be vigilant at the state level to ensure any plans implemented are done so in stages with a great deal of stakeholder input.

For more detailed information about the “dually eligible” population, this movement at a national level and its potential impact on a state level, please email Carrie Hobbs Guiden at cguiden@thearctn.org.



Celebrating Sixty Years of Advocacy and Inclusion! Time to Toot our Horn!

Nashville, 1952... “Family members of children with intellectual and developmental disabilities (I/DD) gathered at George Peabody College to discuss the future for their loved ones.” In today’s media, that might easily be a lead story. In 1952, no one, except those in attendance, paid much attention.

Those family members embraced a dream of improving opportunities for their loved ones to live, work and play in their home communities. One step at a time, changes (often incrementally small) have come into place not just in those lives, but in society. Thanks to the vision, perseverance and hard work of these early pioneers, people with I/DD now have opportunities for inclusive education with typically developing peers, to attend post-secondary education programs, live in their own homes with support, have jobs, and participate in community activities. They have dreams, share them with others, and work towards making them a reality.

Much of the progress made in Tennessee for people with I/DD can be attributed to the hard work and dedication of The Arc Tennessee and its local chapters. Though progress has been made, there is still much work to be done. Students with I/DD still struggle to earn diplomas and find jobs after exiting high school. Affordable housing is difficult to find. The waiting list for services in Tennessee is over 7000 and growing every day. These are not just names on paper but people, some desperate for supports.

The Arc Tennessee is making plans to mark this milestone anniversary of 60 years with a variety of awareness and celebratory activities in the year ahead. Might this be the motivator you need to become more actively involved in the cause that The Arc has been advancing for the last 60 years? Do you have items of historical relevance or old photos of people involved with The Arc Tennessee that you’d like to share? You are invited to help. Interested individuals should contact Celebration Year Chair Doria Panvini at dpanvini@comcast.net or call The Arc office at 615-248-5878.

Information on upcoming events will be shared as plans progress. (Be sure to read about one exciting event in the “Save the Date” article in the next column!) We look forward to seeing you at one of the 60th Anniversary events in the days ahead. You can be certain that The Arc Tennessee will continue its advocacy efforts for many years to come.



*Nashville International Airport - BNA
Step out on the tarmac and raise money
for The Arc Tennessee and Sports 4 All
Foundation!*

What is a Plane Pull?

Teams of twenty (20) people compete for prizes by pulling a full-sized FedEx plane twelve (12) feet. The registration fee is \$1000 per team – which breaks down to only \$50 per person. Teams can raise the registration fee as a group, through a team sponsor, or through individual donations.

Why a “Plane Pull” as a fundraiser?

The Arc Tennessee has been searching for a signature fundraiser. No other organization in Middle Tennessee currently hosts a plane pull. There has never been a plane pull in Nashville so we will be the first, increasing our visibility in the fundraising community. In keeping with The Arc’s tradition of collaboration, the plane pull is a joint venture with Sports 4 All Foundation, a local non-profit dedicated to inclusive sports and recreation activities for people with disabilities.

What else will be going on at the event?

There are plans in the works for concessions, other activities and games for children and adults, music, exhibit/vendor area, T-shirts, door prizes and much more.

What is needed for the event to be a success?

The Arc Tennessee and Sports 4 All Foundation need help in the following areas:

- People to participate on the various committees:
 - o Local Arrangements
 - o Publicity and Awards
 - o Team Recruitment and Registration
 - o Volunteer
 - o Sponsorship
 - o Exhibit
 - o Procurement
 - o Concessions
 - o Other Activities
- People to be “fill-ins” for teams that do not have 20 members
- People to use their “connections” to organize a team, secure a sponsor, find exhibitors, etc.

You do not need to live in the Nashville area to help out with this fun event. Committee meetings are held via conference call and the number is toll-free. For more information or to volunteer to help, please contact Peggy Cooper at pcooper@thearctn.org or Carrie Hobbs Guiden at cguiden@thearctn.org.

PEOPLE TALKING TO PEOPLE SPOTLIGHT



The People Talking to People (PTP) has been a project of The Arc Tennessee for nine years. We employ part-time nine teams (each team always has at least one person with a disability) across the state to do face-to-face interviews with people receiving services from the State Department of Intellectual & Developmental Disabilities. Interviews are always at the convenience of the person being interviewed. We act as an independent quality assurance mechanism—like a friendly watchdog—for whenever someone reports problems with their services, their staff, their service plan or their privacy.

I am Larry Jacobs, a 62 year old Vietnam veteran, an avid reader, rather reclusive, government retiree. I like doing the PTP interviewer work because I meet a lot of interesting people. It helps broaden my horizons about the range of disabilities and how people cope and think about the difficulties that they endure. I also like the travel because I find it relaxing as well as entertaining for the scenic views of the various landscapes and architectural styles of building that I encounter. I work for PTP in Region 3, Southeast Tennessee.

Where to begin? My name is Thomas (Tom) Griffin, I'm 59 years old. I've done a lot of stuff in my life. I served 20 years in the U.S. Army doing everything from Infantry to Military Police to Supply and Logistics. I served 2-1/2 years in Vietnam, 19 months in South Korea, 5 years in Germany, and 11 years bouncing across the U.S.A. from one coast to the other and back again. I taught everything from Military History to the use of over 50 different U.S. and foreign weapons, how to driver everything from a Jeep to a tank. I worked security guarding everything from Bob Hope to Nuclear Missiles. I was a Drill Sergeant, an Instructor, and an Inspector.

After the Army I drove trucks, 18 wheelers, and dump trucks. I repaired home health equipment, wheelchairs, electric hospital beds, oxygen machines, etc. and worked at an airport fueling airplanes. I owned my own business selling western clothing and rodeo equipment, traveling 6 states, working over 250 rodeos and bull rides a year.

However, almost 7 years ago I had to slowdown due to my health and family commitments. I needed a job that gave me time to do things at home and work at my own pace. I still liked traveling and working with people, so when this job with The Arc and PTP came up I jumped for it! I've work in nearly 20 counties (in West Tennessee) and conducted over 2,000 interviews in the last five plus years. I have enjoyed them all.

I just wish I could do more; I love this job and the people I work for and with.

From Homeless to Fabulous, Continued from Page 1

Mary's home has bright colors, beautiful accents and a brand new recliner! She has two housemates and an around-the-clock direct support professional.

Mary's Social Security Supplemental Income helps pay her rent and she receives other services such as physical therapy and medical care for her epilepsy through TennCare. The Chattanooga Homeless Coalition helped Nancy pay for some of Mary's hotel costs.

"I love my home. I like the colors and the views. It makes me feel special. I am so happy," Mary said with tears.



Mary on moving day

Mary was reunited with her mother, Teresa, at her 55th birthday celebration at the downtown Chattanooga Hilton Garden Inn. She wore a "little black dress" and sparkling jewelry. She loves to dress up these days.

Mary is loved and has become famous. She has been featured in the Chattanooga Times and the local news. She brings her articles with her everywhere to "validate" her story. People did not believe her before. They now listen, and she plans on using her story to help others.

"Mary survived being homeless and epileptic while being half paralyzed, half blind and having half the IQ points of the average person. She wants to give testimony that if she can make it with all of her disabilities and hardships, so can others. She wants to inspire!" said Nancy.

"Mary has gone from homeless to fabulous. We can all be happy; Mary now has a better life. I love my job!" said Jenny.



Jenny hugs Mary at her birthday party

Progress Made in the Second Year of the Self-Directed IEP Project

By: Treva Maitland and Loria Richardson

The second year of The Arc's Self-Directed IEP (Individualized Education Program) Project includes seventeen Warren County students, their families, and teachers. The group met for five sessions to learn together about:

- Sensitivity/Empowerment/People First Language
- Basic Individuals with Disabilities Education Act (IDEA)
- Secondary Transition Process
- Using Technology in Transition Planning
- Self-Directed IEPs which includes Self-Determination, Self-Advocacy, Person-Centered Planning

Being trained on the same things together has helped all parties learn to respect the role of the student in the role of leader of the IEP Team. Both students and families say they have learned a lot this fall. At each training, a drawing was held for a Walmart gift card at each training. Each time a student has won.

Now that the students have good background knowledge, staff will work with them this winter to help students learn how to facilitate their own IEP Team Meetings. We will focus on Meeting Facilitation, Self-Advocacy, Self-Determination, Communication, and Conflict Resolution skills:

- Begin meeting and introduce team members
- Review their past goals and performance
- Ask questions if they don't understand something
- Ask for feedback
- Deal with differences of opinion
- Close meeting by summarizing decisions
- Express interests
- Express skills and limits
- Express options and goals

Teachers will participate in this learning so that they can work with future students to teach them to lead their IEP Team Meetings. In the spring, The Arc staff will work with students to help each of them facilitate their own IEP Team Meetings.

In February 2012, we will present about the project at the Tennessee Spring College and Career Readiness Conference (formerly the Spring Special Education Conference). The Arc's Self-Directed IEP Project presentation will include a student and trained educators from both Benton and Warren Counties. Benton County (the first year's training site) has been busy implementing Self-Directed IEPs with students and plans to incorporate their work with Self Directed IEPs into their own presentation at the conference as well. We are very pleased with the progress of The Arc's Self-Directed IEP Project especially when we see sustainability and sharing. We are especially grateful to Dr. Jim Martin of the Zarrow Center, for sharing his expertise with students in Tennessee.

If you would like The Arc Tennessee to provide Self-Directed IEP training at your school, or if you have questions, please contact Treva Maitland (tmaitland@thearc.org or 731/559-4187) or Loria Hubbard Richardson (lrichardson@thearc.org or 615/215-2065).

The Self-Directed IEP Project is funded by the Walmart Foundation, the PeyBack Foundation, and the Community Foundation of Middle Tennessee.



Kimberly Meets Her Idol

By: Melanie Yambor

On Dec. 22, 2011, Kimberly Yambor, a young lady who self-directs her services, met Lauren Alaina at Orange Grove Center Gymnasium in Chattanooga, TN during the singer's visit to Orange Grove Center. Kim was excited to meet Lauren Alaina, last year's second runner up from American Idol who resides in nearby Ringgold, GA. Orange Grove Center provides a wide array of community services to adults and children with I/DD in the Chattanooga community. The Arc TN provides Supports Brokerage services for the nearly 450 individuals statewide who self-direct their services on the Self-determination Waiver.



Laura Alaina and Kimberly Yambor

Want to see your chapter here?

FROM AROUND THE STATE Local Chapter Information and Activities

Send in your happenings!

The Arc Williamson County is continuing to work on setting up Next Chapter Book Clubs in Middle Tennessee and is looking for volunteers who are willing to facilitate a book club. Next Chapter Book Clubs are for young adults with developmental disabilities who are interested in reading and learning, making friends, and enjoying a fun community gathering place. The book clubs usually meet one hour a week at a local bookstore, coffee shop or café. Training will be



provided for the facilitators. Check out our video about the Nashville-Target Book Club at <http://www.youtube.com/watch?v=jT1GCUkyZvI>. If you are interested in becoming a volunteer facilitator, contact The Arc's Next Chapter Book Club Facilitator, Rita Dozier at 472-5010 or ritad@wcs.edu.

The Arc Davidson County is actively accepting applications for executive director; is hosting a keep Family Support letter writing campaign; is planning to co-host the Sprout Film Festival next October with Williamson County and is looking at joint community projects to help people get jobs.

The Arc Washington County just moved to a new location; they are working on their approved three-year strategic plan; have updated technology and website; received a grant from the Bristol Speedway to bridge the gap in funding of Early Intervention and Respite; hosted a magical night of giving to fund buying gifts for needy kids; will host a spaghetti dinner in early spring. This chapter is currently celebrating their 50th anniversary and is writing keep Family Support letters. They joined the Family Support Alliance. They hosted a town hall meeting December 16 with Lt. Governor Ramsey attending; and, started a fundraising committee composed of board members and staff.

The Arc Cumberland Valley is looking to develop a day and vocational educational program to train people in culinary arts and establish a catering service as a stream of income for the training; recently had a very successful meeting with VSA, Hendersonville parks and recreation, parents, and teachers; is applying for grants and having fundraisers. Fundraisers include dinner w/Santa at Zaxby's where 10% of food revenue was donated to The Arc; concerts at locations in all four counties; auctioning a guitar autographed by members of the Grand Ole Opry, and a yearly signature fundraising event.

The Arc Anderson County had their annual Christmas tree and wreath fundraiser sales that will netted about \$1400; they have a small group of self-advocates who meet monthly teaching reading.

What are the Safest Temperature Settings for a Hot Water Heater?

One can practice both safety and economy by keeping water temperature at doctor approved levels. Very hot water temperature can cause burns with great rapidity, and as such, care in setting your hot water heater is required. Setting the hot water temperature lower also means a savings in energy bills for heating the home's water in many cases.

Most experts recommend that hot water temperature should not exceed 125° F. A water temperature exceeding this poses serious risk of bad burns, particularly to children, the elderly and people with disabilities. Even at 125° F, if a person puts his or her hand in the water continuously for two minutes he or she may get second or third degree burns.

Some physicians suggest setting the hot water temperature at 120° F. With this water temperature, a person would have to run water over the same place for ten minutes prior to receiving a severe burn. Temperatures higher than 125° F can severely burn a person quite quickly. It is estimated that it takes only two seconds of exposure to water at 150° F and only six seconds of exposure to water at 140° F to cause a very bad burn.

Most soap and detergent is meant to work at between 120° to 125° F. Hand washing with warm, not hot, soapy water at 120° F is quite hot enough to wash most germs away.

Dropping the water temperature setting by ten degrees typically saves approximately 4% on one's cost to heat water each year. This can make a profound difference if dropping the water temperature from 150° to 120° F, saving essentially 12% a year.

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Disability Days On The Hill

Let your Legislators know how their decisions affect you and your family! Call and make appointments to meet with your Senator and Representative on one of these days at Legislative Plaza in Nashville!

This year also features guest speakers and subjects!

Wednesday February 29, 2012

Jim Henry, Commissioner of the Department of Intellectual and Developmental Disabilities
11:00 am, Old Supreme Court Chamber

Wednesday March 7, 2012

Tre Hargett, Secretary of State
11:00 am, Old Supreme Court Chamber

Wednesday March 14, 2012

The Family Support Program
11:00 am, House Chamber

Complimentary boxed lunches will be provided after these sessions to those who attend but you have to RSVP! To RSVP go to <http://www.tndisability.org/> or contact Courtney Jenkins-Atnip at ddh@tndisability.org, or by phone at (615) 383-9442.

Si tiene un niño o miembro de la familia con una incapacidad intelectual o de desarrollo, puede contactar El Arco Tennessee a: 1.800.835.7077 ext. 11 para recibir más información sobre recursos y servicios.