

The Arc Active During Special Legislative Session

Federal Stimulus Payments Avoid Cuts

After months of work, the Indiana General Assembly adjourned at the end of April without agreement on a state budget. A key reason why agreement could not be reached was a shifting state revenue forecast that by the end of April was over \$200 million *below* the earlier revenue forecast.

A budget must now be approved in a special legislative session.

At the heart of this process is the question of how people perceive the economy—is the worst of the recession over,

or is more bad news still to come?

One thing is clear to advocates for people with disabilities. Without the Federal Stimulus Plan, people with disabilities would be in a dangerous situation. Indiana has already received the first payments for Medicaid as part of the stimulus plan. Without those increases in the federal share of Medicaid Indiana would be facing massive cuts in Medicaid payments to doctors, hospitals and programs that serve people with disabilities.

*Keep up to date
on public policy
issues by visiting
our website,
www.arcind.org.*

In another key area for The Arc, local school corporations have already been notified about federal stimulus funding for IDEA, the Individuals with Disabilities Education Act. Each school corporation will receive funds based on

enrollment. These funds support existing budgets for children as well as direct funds to children with disabilities.

The actions by the President and Congress to help states with Medicaid were designed to protect people over a two-year timeframe by requiring states to maintain existing efforts and make no further cuts.

Medicaid is the primary funder of health care for people with disabilities. In addition, Medicaid funds nearly 86% of the community-based supports people receive through Medicaid

waivers and group homes.

The General Assembly was scheduled to begin the special session on June 11 to develop a budget. This is an excellent time to talk to your elected officials and let them know how important it is for the budget to address the needs of people with disabilities.

Action on the budget will change quickly. You can keep up to date by visiting our web site at www.arcind.org or by signing up to receive Legislative Alerts via e-mail by visiting the Public Policy Advocacy section of our website.

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Indiana Congressman Baron Hill and self-advocate, Brandon Boas, The Arc of Bartholomew County.

Indiana Report from The Arc US Disability Policy Seminar

A delegation of 16 people representing The Arc of Indiana participated in the 2009 Disability Policy Seminar held in Washington, D.C. The Seminar was hosted by The Arc of the United States, United Cerebral Palsy, American Association on Intellectual and Developmental Disabilities, the National Association of Councils on Developmental Disabilities and Self Advocates Becoming Empowered.

Over 500 people attended the Seminar. Kareem Dale, Special Assistant to the President for Disability Policy, welcomed the attendees and laid out the President's commitment and agenda for people with intellectual and other developmental disabilities.

After participating in two days of workshops and plenary sessions to learn about federal issues, Indiana's delegation met with Indiana's

members of Congress on issues including housing, vocational rehabilitation, Medicaid, social security, the federal budget and education.

The Arc of Indiana will continue working with our federal representatives to advocate and support key initiatives in the 111th Congress.

To learn more, visit The Arc of the United States Federal Legislative Action Center, <http://capwiz.com/thearc/issues/>.



Visit The Arc of Indiana's New Website
www.arcind.org
See story on page 4

Wishing Nanette a Wonderful Retirement

Welcoming Jill as Director of Family Education
and Community Resources



Nanette Whightsel

The Arc of Indiana wishes **Nanette Whightsel**, The Arc's Director of Family Education and Community Resources, happiness in her retirement. The Arc also welcomes new director, **Jill Ginn**.

Nanette became involved with The Arc when the state announced that New Castle State Developmental Center, where her daughter Suzette had lived for many years, was closing. When she learned that there were new options for community living through the Medicaid waiver, Nanette quickly became one of the state's biggest advocates for closing state institutions.

Through her work with The Arc, Nanette was instrumental in helping residents of Muscatatuck and Fort Wayne State Developmental Centers and Silvercrest transition to community placements when those facilities closed. She was also the first leader of The Arc Network, a statewide network

of Family Advocates and Self-Advocates who now work throughout the state as a local resource to families and people with developmental disabilities.

Nanette will continue to work with The Arc as a consultant to other states involved in closing institutions and moving people into the community.

Jill Ginn will serve as the new Director of Family Education and Community Resources. To allow time for transition, for the past few months Jill has served as Associate Director. Prior to her appointment Jill was a Family Advocate for The Arc Network. She and her husband Jim have three school-age children who have a variety of diagnoses, including autism, hearing loss, anxiety, depression, asthma and allergies. They currently reside in Fishers where their sons attend Hamilton Southeastern schools.



Jill Ginn

Good News

If you have "good news" to share about your local Arc, a person with a disability, their family, a provider or a local news story, e-mail us at: thearc@arcind.org. Good news stories are shared in *The Arc of Indiana E-Newsletter*. Sign up to receive our E-newsletter by visiting our new website, www.arcind.org.

Reach for the Stars Award Established in Honor of Vickie Collins

An award has been established by Shares, Inc. to honor Vickie Collins, daughter of long-time Arc volunteer and Past President of The Arc of Indiana, Don Collins. Shares is a service provider to people with developmental disabilities. The newly established "Reach for the Stars Award" will be presented annually to the individual who best exemplifies the traits demonstrated by Vickie, who passed away in March, 2008. The names of award recipients and a plaque with Vickie's picture will be on permanent display at Shares in Greenfield where Vickie worked for several years.

Family Reunion for Man Once Institutionalized, Separated from Family

Jennifer Akers, Family Advocate for The Arc Network, recently learned about an uncle who spent 20 years in an institution, completely cut off from his family and never knowing he had four brothers. He has long since lived in Alton, Illinois, building a successful business. Read how he came to be reunited with his family: <http://www.thetelegraph.com/news/family-26080-reunion-.html>

Easter Seals Arc Awarded Grant for Ballroom Dancing Program

Easter Seals Arc, local chapter of The Arc in Allen, DeKalb and Steuben Counties, has received a \$1,400 grant from Arts United of Greater Fort Wayne, the Indiana Arts Commission and the National Endowment for the Arts to support their ballroom dance program, Dancing with ES Arc. ES Arc provides adults with disabilities weekly ballroom dance lessons, taught by professional ballroom dance instructors at a local dance studio. Dance partners are community volunteers who do not have disabilities. As a result of the program's great success, ballroom dancing has been named an official olympic sport in Indiana Special Olympics.

Carey Services' School-to-Work Program Leads to Employment of Graduates with Special Needs

Carey Services, local chapter of The Arc in Grant and Blackford Counties, is partnering with Vocational Rehabilitation Services and Cass County

schools to help students with special needs transition from school to work. The program provides career assessments, preparation for post-secondary education, internships, job shadowing and job placement. One of the program participants, Cati Gruszczyk, now works at Carey Services. When a part-time job opened, Cati applied, was hired and completed a certification course and training.

Hopewell Center's Job Coach/ Transition Specialist Making a Positive Difference

Bill Lantz has found his calling. After medical issues caused Bill to change his career, he became a job coach and transition specialist at Hopewell Center, the local chapter of The Arc in Madison County. He works with young people and adults with special needs. Bill was nominated for the *Herald Bulletin's* "Positive People" column by Sandra Montgomery, a co-worker at Hopewell. Montgomery wrote, "He works here at Hopewell Center transitioning high school students into 'life after school.' He does about a million other non-paid things. He started a Sunday school class for people with disabilities in the nursing home who couldn't attend church, and has started programs at several churches to include people with disabilities." Lantz says his goal is to "plant ministries to share God's love everywhere I can and to be an advocate for our friends with disabilities."

Medicaid Waiver Success

Tom had been dismissed from many group homes due to behavior and was living with his sister when he moved to a group home operated by Tangram, a residential services provider. Once again, a group home was not a good fit for Tom. To prevent him from being institutionalized, Tom was granted a Medicaid waiver. Tom moved into his own apartment where Tangram helped him learn to redirect his anger and find appropriate responses to frustration. Last year Tom moved into a two-bedroom apartment with a roommate. His roommate Josh also has challenging behaviors. They both are supported by behavioral specialists and staff specifically trained in behavior management. Tom and Josh have become good friends, and Tom is doing great. He's lost weight, is a member of the Hound Dog Band, and is interested in finding a job.

We Moved!



New Address:

107 North Pennsylvania Street, Suite 800
Indianapolis, IN 46204



Our phone and fax numbers remain the same:

317-977-2375
800-382-9100
317-977-2385 (fax)
www.arcind.org

Executive Director's Column



John Dickerson

Pulling Together, Reaching Out to Others

John Dickerson, Executive Director

In the 53-year history of The Arc we have lived through many difficult times. During war, times of great social change and times of great uncertainty, one thing remains constant—the movement known as The Arc finds a way to pull people together to achieve the goal of improving the lives of people with developmental disabilities.

The challenges we face are daunting. As the head of Microsoft said recently, “Our economy is going to reset, not rebound.” What does this mean for us? We have traditionally been the innovators—the one to find new paths. That means there is great opportunity to advocate for systems that work to educate children and adults, support people to be employed and support people to live in the community.

The Arc was asked to identify how people can share costs by living with roommates while at the same time respect the rights of individuals. We are responding by bringing together self-advocates and families to learn about and discuss this important issue and draft a policy for review by providers and state officials.

The Arc is being asked by legislators to address how the state budget can best fund programs and

services. We are responding by discussing with policy makers how funds are being used, how funds can be redirected and how what is funded today can best result in the right investments and direction for tomorrow.

The Arc is being asked by those waiting for services, “When we will get our turn?”

We are responding by continuing the efforts of our Waiting List Committee—efforts that have led Indiana to be one of few states, despite the economy, to still plan to bring over 2,500 people off waiting lists over the next two years.

The Arc of Indiana asked our local chapters to reach out in new ways to families and self-advocates throughout the state. Local Arcs responded by helping us grow to over 9,000 members.

The Arc is also extending a hand to others facing difficult times. During our spring membership campaign, many local Arcs hosted food drives to help local food pantries.

We are continuing this effort through a partnership with Self-Advocates of Indiana and local Arcs. We are asking local Arcs and self-advocate groups to hold local food drives in June or July, and a collection will take place at the Self-Advocates Picnic in Indianapolis on July 10. For more information on the picnic, please see the article on page 8, or visit our web site at www.arcind.org.

At the local, state, and national level, the work of The Arc will continue, facing the challenges of today to build a better tomorrow.

The Arc of Indiana Congratulates Special Olympics on 40th Anniversary

In 1969, The Arc of Indiana co-sponsored Indiana's first Special Olympics. Four decades later, Special Olympics Indiana has grown to include more than 7,000 volunteers, nearly 2,500 partners, 16 full-time staff members and nearly 10,000 athletes competing in more than 20 Olympic-type sports on the state, national and world levels.

Beyond Special Olympics, Indiana is considered a leader in the development of projects that enhance the quality of its participants' lives through athlete leadership training, initiatives that work to improve the health of its athletes and programs that provide sports training opportunities for young children.

More importantly, Special Olympics Ind-

iana changes the lives of its participants. By showing the world skilled athletes with a variety of talents and strengths, Special Olympics has helped to change the way that people with intellectual disabilities are viewed by their peers.

In addition, through volunteer opportunities, corporate partnerships and programs that support inclusion of individuals with and without intellectual disabilities, Special Olympics fosters a community of respect and acceptance.

The Arc of Indiana congratulates Special Olympics Indiana on their many achievements as they celebrate their 40th anniversary. For more information about Indiana Special Olympics, visit www.soindiana.org.

2009 Membership Campaign

NEARLY 1,600 NEW MEMBERS JOIN THE ARC

The 2009 Annual Spring Membership Campaign resulted in an historic record for The Arc. The goal for the membership drive was 1,000 new members statewide. When all was said and done, seventeen chapters recruited 1,592 new members statewide.

Nine Chapters Met “Chapter Challenge”

For the 2009 Membership campaign all local chapters of The Arc were challenged to recruit at least 25 new members. Eleven chapters met the challenge.

Chapters who met or exceeded the challenge are: Evansville ARC, KCARC (Knox County), Noble—The Arc of Greater Indianapolis (Marion and Hamilton Counties), Easter Seals Arc of Northeastern Indiana (Allen, DeKalb, Huntington and Steuben Counties), Hoosier Prairie Arc (Benton, White, Newton and Jasper Counties), Fountain County ARC, Arc Rehab Services (Boone County), ARC of Wabash County, The Arc of Bartholomew County, and The Arc of Tippecanoe County and Jayland Arc (Jay County).

These chapters will be honored at The Arc's 2009 annual Awards and Recognition program. Two will be recipients of the Traveling Membership trophy. All chapters reporting new members were eligible for a drawing for movie tickets to distribute to local members, volunteers, self-advocates and staff. ARC of Wabash County received 40 movie passes and KCARC received 20.

Newly recruited members were also eligible for gifts from The Arc of Indiana and Self-Advocates of Indiana. Receiving T-shirts, ball caps and/or tote

bags were Kathy Chestnut and Donald Altstadt of Vincennes; Sarah Graves, Tell City; Rachel Weber, Amy Dubber, Annette Gonterman, Brandon Lemon, Janice Schutte and Shawn Angle, Evansville; Katrina Freeman, Fort Wayne; Mrs. Ivan Wann, Veedersburg; David Guthrie, North Manchester; Gary Baumgartner, Wabash; Doug Lambert, Attica; and Muhammad Abdullah and Patrick Skaggs, Indianapolis.

During the membership campaign some local chapters incorporated a food drive as part of their activities to help give back to the community. The campaign message, “Disable the Label” was used to encourage the donation of labeled can foods which were then donated to local food pantries and food banks. The Arc of Bartholomew County collected more than 3,000 canned and boxed food items.

Stone Belt Arc has a long-standing food collection program, “Hand 'n Hand.” Neighborhoods are assigned a twice-monthly date when Stone Belt clients and staff collect food donations from special bags provided by Stone Belt that are left outside their homes and then delivered to area food banks by Stone Belt. Gateway Services, The Arc of Johnson County, also collected food items at its annual meeting.

Membership Totals Over 9,300 Statewide

The Arc of the United States reported that Indiana had 9,305 members at the end of 2008, breaking the 1976 record which reached 8,066.

Leading the way with 3,239 members was Noble—The Arc of Greater Indianapolis. Evansville ARC,

with 741, placed second in total members, and The Arc of Bartholomew County was third with 604.

Rounding out the top five were Easter Seals Arc with 530 and Arc Bridges (Lake, Porter and LaPorte Counties) with 479 members. Placing six through ten were Stone Belt Arc (Monroe County), 405; KCARC, 322; Arc Opportunities (LaGrange County), 272; Carey Services (Grant and Blackford Counties), 207; and The Arc of Jackson County, 96.

The Arc also recognizes those chapters whose membership is rated based on population. The Arc of Bartholomew County has 84.6 members per thousand, while KCARC rates second with 82 members per thousand. The other top five chapters are Arc Opportunities, 77.9 members per thousand; Evansville ARC, 43.1 members; and Stone Belt Arc, 33.6.

Chapters ranked sixth through tenth in members per thousand population are Jayland Arc, 32.1; Noble—The Arc of Greater Indianapolis, 31; The Arc of Decatur County, 29.7; Carey Services, 23.7; and The Arc of Jackson County, 23.2. Other chapters that had members in double digits per thousand were The Arc's in Owen, Rush, Boone, Brown, Whitley, Noble and Spencer Counties.

The Arc of Indiana saw an increase in at-large state memberships as well. In 2008 funders of The Arc Master Trust 1, who were not already members of a local chapter, received an Arc membership as a benefit of the trust service.

As chapters continue to recruit throughout 2009, as well as succeed in retaining current members, The Arc of Indiana could end the year with an amazing new record—more than 10,000 members!

Visit The Arc of Indiana's New Website: www.arcind.org

The Arc of Indiana has launched a new and improved website that we hope will be the place for families, self-advocates, professionals and the general public to go for information.

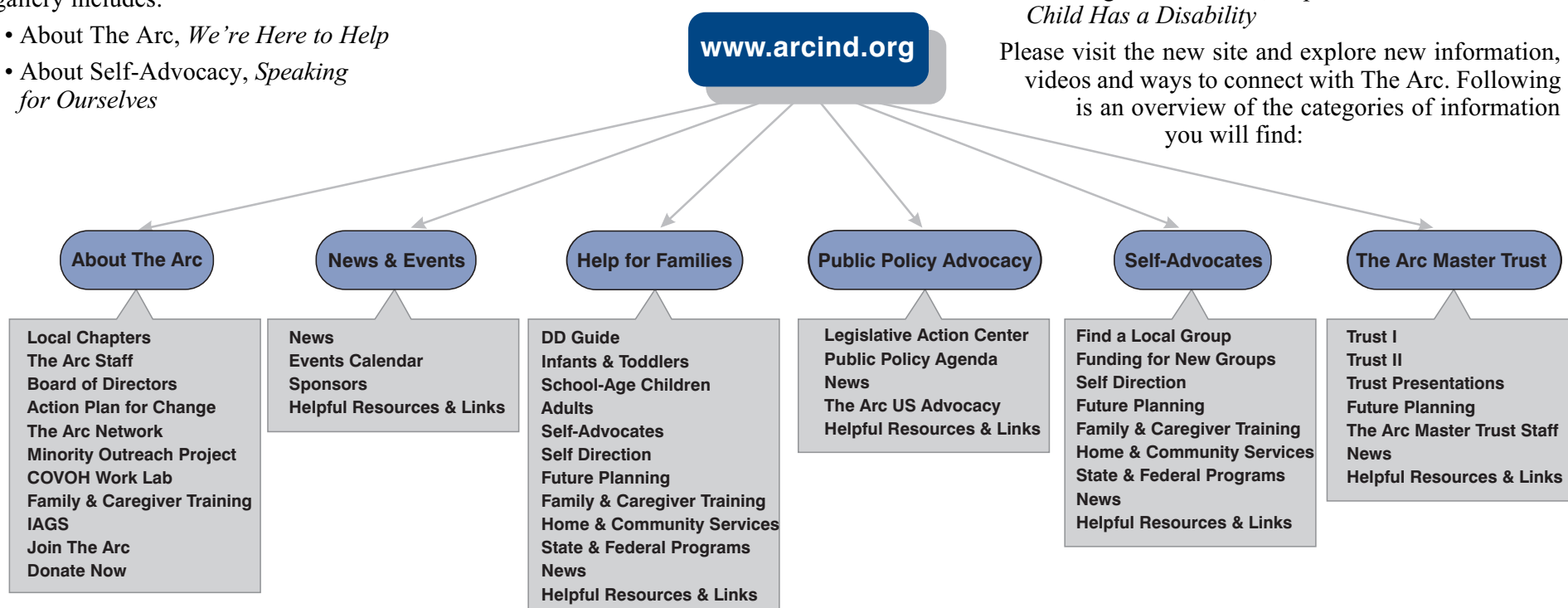
The website features new ways to get information from The Arc, including the ability to sign up to receive E-newsletters, RSS news feeds and blogs by Arc staff and self-advocates—plus new ways to connect with others through Facebook and YouTube. The website's video gallery features eight short videos designed to inform, inspire and guide families and self-advocates. The video gallery includes:

- About The Arc, *We're Here to Help*
- About Self-Advocacy, *Speaking for Ourselves*



- Indiana's Medicaid Waiver Program, *Home and Community-Based Services for People with Disabilities*
- Indiana's Support Services Medicaid Waiver, *Services for Special Education Graduates & Others with Developmental Disabilities*
- Help for Aging Caregivers, *Indiana's Medicaid Waiver Program Can Help*
- Moving from a Nursing Home, *Indiana's Medicaid Waiver Program Can Make it Happen*
- What to Do Next, *Steps to Take When You Learn Your Child Has a Developmental Disability*
- Planning for the Future, *Steps to Take When Your Child Has a Disability*

Please visit the new site and explore new information, videos and ways to connect with The Arc. Following is an overview of the categories of information you will find:



Local Arcs Deliver Valentines to Governor, Legislators

Self-Advocates, families and leaders of local Arc chapters came to the State House on Thursday, February 12, to meet with legislators and give them Valentines with the message "Fill Your Heart with Respect." They also were able to meet Governor Mitch Daniels, who spoke with them outside of his office.



Governor Daniels talks with a group of self-advocates from Stone Belt Arc, the local Arc chapter in Monroe County.



A delegation from Arc Opportunities, the local Arc chapter in LaGrange County, shares a Valentine's Day message with their state legislators.

FSSA Continues OASIS Review

People who receive Medicaid waiver services through the Developmental Disabilities and Autism Medicaid waivers should by now be aware of a new process that the state wants to implement to allocate individual Medicaid waiver budgets—a process called OASIS (Objective Assessment System for Individual Supports) process.

Planned rollout of OASIS remains suspended.

The goal of this process is to make the financial resources given to people on the Waiver equitable by basing the budget allocation on each individual's needs rather than the history of what he or she used or received in the past.

The new budget allocation is based on an individual assessment, called the ICAP, and a series of interview questions asked of three people who should know the individual well.

At this time, the planned rollout of OASIS remains suspended while FSSA reviews Medicaid waiver budget allocations of people who received a new budget allocation under the OASIS process and who subsequently submitted a request to have that budget reviewed (OASIS Review Request). These reviews are assisting FSSA in identifying problems with the assessment tool and the financial modeling used to determine the allocation under OASIS.

For up-to-date information on OASIS, please visit our web site at www.arcind.org. If you have any questions, please contact us. We're here to help.

Photography of Self-Advocate, Brandon Boas, Featured at Gallery

Brandon Boas received a camera as a gift from his dad when he was 14, and so began his love for photography. Now at age 26, he has started his own photography business, and his photos were recently displayed at Stillframes Gallery in Columbus, Indiana. The collection, entitled "Brandon's Dreams," included nature, wildlife and landscape images.

Love of photography has led to his own business.

On www.bblovephotos.com, his web site, Brandon notes, "You may be asking yourself what makes me unique from other photographers. Well, I am unique in two ways. The first reason why I am unique is because I have Down syndrome. Even though I have Down syndrome, that has not stopped me from reaching my goal of becoming a photographer. The second thing that makes me unique is that I have no special training. I have never taken a photography class of any sort. I have just reached my goal by working hard and practicing. I am so thankful to have the ability to take photographs."



More on Facebook

Three short videos of Brandon talking about his photography can be viewed on The Arc of Indiana's Facebook page. If you are not yet on Facebook, you can create a page for yourself by going to: www.facebook.com. Once you have your own Facebook page, search for The Arc's page. There you will find Brandon's videos, plus other items of interest.

Virtual Graduation Held for First Graduating Class of Direct Support Professionals



Arc BRIDGES, local Arc chapter in Lake, Porter and LaPorte counties, honored their Direct Support Professional graduates as a part of Indiana's first virtual DSP Graduation Ceremony. Friends and family celebrated this event with Arc BRIDGES staff. Pictured left to right: Catherine Burnett, Residential DSP; Terri McCool, Health and Safety Tech; Catherine DeMeyer, DSP; Lilly Cox, DSP; Alice Battle, DSP; Gloria Morson, Health and Safety Tech.

The Family and Social Services Administration's (FSSA) Division of Disability and Rehabilitative Services (DDRS) held a "virtual graduation ceremony" for the first graduating class of the Direct



ADEC, local Arc chapter in Elkhart County, held a graduation ceremony for Direct Support Professional graduates. Pictured left to right: Theresa Shaffer, Dean of Ivy Tech in Elkhart; Brenda Falcone, ADEC instructor for Ivy Tech; and Jennifer Canen, graduate.

Support Professionals (DSP) initiative on May 15, 2009. Provider agencies around the state held celebrations at the conclusion of the ceremony in recognition of the first 46 graduates of the Indiana DSP Initiative.

DDRS Director Peter Bisbecos, said, "DSPs are critical in the effective support of individuals with disabilities and we are thrilled with the success and growth this initiative has seen in one short year."

The DSP Initiative is a collaborative effort between the Center on Community Living and Careers (CCLC), providers, professional organizations, DSPs, self-advocates, families, Ivy Tech Community College and a wide range of state agencies. The goal of the initiative is to recruit and retain DSPs in Indiana.

The second class of the initiative will graduate at least twice as many DSPs at the completion of their coursework this August.

CCLC, a program of the Indiana Institute on Disability and Community, has coordinated a three-year initiative designed to offer current and newly-hired DSPs the opportunity to advance their skills, further their education and increase their earning potential.

Funds have been allocated to provide full financial support to train up to 2,300 new and existing DSPs at nine provider agencies. Of those, 720 will be funded to attend Ivy Tech Community College to earn a Direct Support Professional Certificate in Human Services, along with 17 hours of transferable college credit.

The CCLC has also developed a six-day competency-based orientation course and partnered with Ivy Tech to develop and implement the coursework taught primarily through distance education options.

For more information on the DSP initiative, visit www.in.gov/fssa/ddrs.

KCARC for Life: Seeking Connections to Last a Lifetime

The Arc in Knox County reaches out to school age children and families

KCARC, the local chapter of The Arc in Knox County, has developed a new program, KCARC for Life. The program is designed specifically to connect with families who have school age children with disabilities.

The effort began when KCARC realized that the strong relationship they have with families whose children participate in their early intervention program was not continuing once public school education began.

Of greater concern was that many of the children were not transitioning to adult programs and services once their public education concluded.

Through KCARC for Life, many avenues have been developed to connect with students and their families throughout their school years. The program includes KCARC's support of Buddy Ball (a division of the Babe Ruth League) which provides buddies to assist players with disabilities who enjoy baseball.

The School-to-Work Transition Pro-

gram allows students with special needs to acquire job skills by working at one of KCARC's plants.

The School-to-Work Transition Program allows students to acquire job skills.

In addition, KCARC's recreation coordinator regularly visits area schools. Students with special needs and their families are provided information about opportunities for activities such as Special Olympics, conferences and workshops, and sessions to help them navigate the maze of government programs.

KCARC for Life believes that The Arc can play an important, life-long role for people with disabilities and their families. You can learn more about KCARC by visiting www.knoxcountyarcc.com.

Indiana University Offers New Programs for Students with Disabilities

Students with special needs due to a physical or cognitive disability can take courses through the Indiana University School of Continuing Studies' (SCS) distance education program.

SCS offers a wide variety of educational options including high school and undergraduate courses, a high school diploma and an associate and bachelor's degree in general studies. Other options include self-paced online and correspondence courses and semester-based online courses.

Students may register year round, have up to one year to complete a course (extensions are available) and receive personalized feedback and support from instructors. In addition, SCS can provide disability support services and/or auxiliary aids to eligible students with temporary or permanent disabilities.

Program offers disability support services and educational options.

Through SCS, the Adaptive Technology Center (ATC) is expanding its services to students with disabilities who are learning at a distance. The center provides services for students who need assistance due to blindness and low vision, mobility and hearing and learning disabilities (dyslexia, ADHD and others).

For more information contact disabilities coordinator Eileen Balliet at: scs@indiana.edu, 800-334-1011, or visit scs.indiana.edu/special_needs.html or www.indiana.edu/~iuadapt.



Angie Cain's joyful skydive is symbolic of the theme, "Champion your Future, Reaching New Heights" — a conference for middle and high school students.

Conference for Middle and High School Students with Special Needs and Families

Champion Your Future, Reaching New Heights

Saturday, September 12, 2009

The Arc of Indiana and FUSE are partnering to host the 2nd bi-annual conference for middle and high school students with special needs and families. The conference will take place Saturday, September 12, 2009.

As we go to press, the location is not yet confirmed. Please visit our website

at www.arcind.org for up-to-date information and to register online.

Families and students who attended this conference in 2007 gave it rave reviews. We hope those who attended in 2007 will attend again, and that we will reach many new students and families.

Champion Your Future Conference at a Glance

Keynote Speaker – Inspirational Speaker and Athlete, Mike Schlappi

Workshops for Parents

- Fasten Your Seatbelts: An Overview of Changes to Article 7
- Vocational Rehabilitation as your Co-pilot
- Navigating Adult Services: What to Expect from Adult Service Providers
- Develop Your Flight Plan: Accessing Government Benefits
- Flying Solo: Accessing Supports in College
- Blast Off to After School & Summer Activities

Workshops for Students

- Making Friends and Gliding Through Social Situations
- Spread Your Wings: Learning about Leadership with Special Olympics / Best Buddies
- Pilot Your IEP Meeting
- Bridging the Gap: Transition to Life on Campus
- Soar Above Bullying
- Rising to New Challenges: How We Moved from High School to Community

Study published

"Time-out, Seclusion, and Restraint in Indiana Public Schools"

The Indiana Protection and Advocacy Services Commission has published a study, "Time-out, Seclusion, and Restraint in Indiana Public Schools." IPAS hopes this will begin a serious dialogue about the unregulated application of restraints and seclusion in Indiana schools—with the goal that every student in Indiana be protected through policies and prac-

tices that define and carefully regulate their use. Contact IPAS at 800-622-4645 to request a copy of "Time-Out, Seclusion, and Restraint in Indiana Schools; Analysis of Current Policies" and "Time-Out, Seclusion, and Restraint in Indiana Schools; Literature Review." Visit <http://www.in.gov/ipas/2760.htm> to read or download the reports.

The Arc Master Trust Continues History of Conservative Investment Strategy

Kevin D. Hampton

Kevin Hampton is Vice President & Sr. Portfolio Manager, Diamond Capital Management, with The National Bank of Indianapolis.

The Arc of Indiana has always taken a conservative approach to the management of The Arc Master Trust to assure the assets of Trust beneficiaries are protected. The standing allocation allows for the following allocation:

Cash and Cash Equivalents	5%
Fixed Income	35%
Equities	60%

This allocation is achieved through the use of high quality mutual funds. These funds are reviewed quarterly to insure that they are compliant with the objectives and strategies of The Arc Master Trust.

In response to the dramatic market decline that started in the second quarter of 2007, the asset allocation of The Arc of Indiana Master Trust portfolio was slightly altered. A more conservative allocation was recommended and implemented to allow for a greater exposure to fixed income and cash equivalents, thereby reducing the exposure to equity securities. The revised allocation resulted in the following allocation:

Cash and Cash Equivalents	8%
Fixed Income	45%
Equities	47%

While The Arc Master Trust posted a moderate loss for the 12-month period ending December 31, 2008, it was significantly less than that of most portfolios with greater equity exposure.

While The Arc Master Trust posted a moderate loss..., it was significantly less than that of most portfolios with greater equity exposure.

What can be foreseen in the current market? Since the lows of March 9th, the S & P 500 has appreciated approximately 35%. This has been the largest bear market rally dating back to 1929. It is the magnitude of the rebound that has some economists, strategists and investors suggesting that the worst of the downturn is over. While elements of such may be true, it ignores the fact that typical bear markets have a series of peaks and troughs. And, there is nothing to suggest that this recovery will be different. The worst of the credit issues are behind us, as is the uncertainty and fear created by questions surrounding the solvency of several major U.S. banks. However, there remain economic hurdles which require resolution prior to our seeing a new bull market.

The Arc Master Trust's Investment Decisions

How will this effect investment decisions for The Arc Master Trust? *It reinforces the need for patience.* Yes, we have had a significant rebound. Yes, there is a hint of economic optimism. Yes, consumer sentiment is improving. And yes, there is excess capital waiting to be spent. However, throw-



The Arc of Indiana takes a conservative approach to the management of The Arc Master Trust to assure assets for Trust beneficiaries, like Kyle, are protected.

ing caution to the wind and immediately jumping back into the market would not be prudent.

The National Bank of Indianapolis and The Arc of Indiana will continue to monitor and review the investment strategy for The Arc Master Trust and make adjustments where appropriate. The focus will continue to be on patiently investing in high quality, fundamentally sound companies and mutual funds.

For more information about The Arc Master Trust, contact Melissa Justice, Trust Director, at mjustice@arcind.org, call us at 317-977-2375 or 800-382-9100, or learn more about us by visiting The Arc Master Trust section of our website, www.arcind.org.

Diamond Capital ManagementSM is a fee-only portfolio management group that is a wholly-owned division of The National Bank of Indianapolis. On deposit at The National Bank of Indianapolis is the Trust I pool; its balance is currently over \$20 Million.

Guardianship Issues and Responsibilities

The Indiana Adult Guardianship Services Project (IAGS) is a project of The Arc of Indiana. The mission of IAGS is to improve the quality and provision of guardianship services in Indiana. The following information on guardianship has been adapted from The Arc of the United States' position statement on guardianship.

The majority of people with intellectual and other developmental disabilities can manage their own affairs with informal assistance and guidance from others, such as family and friends. If guardianship is necessary, it should be tailored to the person's needs, and should be monitored to ensure that the best interests of the individual are protected. The appointment of a guardian is a serious matter because it limits a person's independence and rights.

Guardianship has been overused by those who were unaware of less intrusive alternatives or who simply wanted to have their views prevail over the wishes of the individual. Frequently, lesser forms of legal intervention such as limited guardianship and use of powers of attorney have been either overlooked, intentionally avoided or unavailable. If

guardianship is essential, it should be used only to the extent necessary with a presumption in favor of limited rather than full guardianship. Following are important issues to be aware of regarding guardianship:

- Appointment of a guardian should be made only to the extent necessary for the protection and welfare of the individual and not for the convenience of the family, the service system or society.
- Less intrusive alternatives to full guardianship, like limited guardianship or power of attorney, should always be considered first. If used at all, these restrictions on the individual's rights and decision-making powers should be confined to those areas in which the individual clearly cannot understand the serious consequences of his or her decisions or the person lacks foresight.
- Guardians should be knowledgeable of services, supports and systems that could significantly affect the life of the individual; and must be committed to the well-being of the individual, know and understand the individual's needs and wishes, and act in accordance with them whenever possible.

Family members are preferable when they meet these criteria.

- Guardians should take the person's preferences into account.
- Since guardianship represents a transfer of the responsibility for exercising an individual's rights, adequate safeguards, including the right to counsel, are needed to assure the individual retains as much decision-making power as possible.
- Guardians should be accountable for their actions, and those actions should be reviewed periodically.



IAGS is a project of The Arc of Indiana. Learn more about future planning and guardianship by visiting www.arcind.org



Second Annual Texas Hold 'Em Poker Tournament Great Success

The Arc of Indiana would like to thank the players and sponsors who made this year's Texas Hold 'Em Tournament a great success. Players from around the state joined in to raise important funds to help people with disabilities and their families through The Arc of Indiana.

The winner of this year's tournament was Chris Kleck of Fishers. In addition to a cash prize, Chris was awarded a seat in the World Series of Poker Circuit Event to be held this fall. An additional circuit seat was won in a raffle by Don Crail. We wish Chris and Don the best of luck as they compete for a spot in Las Vegas.

This year's event would not have been possible without the support of our incredible sponsors:

Title Sponsors: Harrah's Horseshoe Casino in Southern Indiana, and Horseshoe Casino in Hammond.

Event Sponsors: Buffalo Wild Wings Grill & Bar, Coors Light, Insights Consulting, Inc., Outside the Box, T & T Sales & Promotions and WPT APL Indiana.

Table Sponsors: Fraternal Order of Eagles #347, Fraternal Order of Eagles #3207, Ice Miller LLP, Loyal Order of Moose #500 and St. Malachy Knights of Columbus.

Next year's event is planned for February 21. Watch for complete details in the fall.

THE ARC NEWS IN INDIANA

107 N. Pennsylvania St., Suite 800, Indianapolis, IN 46204
317-977-2375 or 800-382-9100
www.arcind.org and
www.TheArcLink.org

20th Annual Golf Outing to Feature Special Guest, Coach Tom Crean

Former Indiana Pacer and IU Basketball star Steve Green will host the 20th annual charity golf tournament to benefit The Arc of Indiana on June 26, 2009. The highlight of this year's event will be an appearance by Indiana University Men's Basketball Coach Tom Crean.

The tournament will be held at The Legends of Indiana Golf Course in Franklin, Indiana. Lunch will begin at 11:00 a.m., followed by a shotgun start at 12:00 p.m. Prizes will be awarded at approximately 5:00 p.m. after the round is completed. The tournament is open to both advanced and recreational golfers.

The tournament is open to both advanced and recreational golfers.

Named Indiana University's 28th head basketball coach in 2008, Tom Crean has been relentless in embracing the tradition of Indiana University and building bridges for future fans of Indiana Basketball. He and his staff have recruited one of the top 10 classes in the country for 2009, and the top class in the Big Ten.

Before taking the reins for the Hoosiers, Coach Crean averaged over 20 wins a season in nine years at Marquette and led the Golden Eagles to five NCAA Tournament appearances including the 2003 Final Four.

In 10 years as a head coach on the collegiate level, he is 196-121 and has seen all 27 of the seniors who have played for him earn college degrees.

Coach Crean will be available to meet individuals during lunch and will kick off the tournament with a few

comments at 11:45 a.m. Tickets for only the lunch portion of the day are available for individuals who would like to meet Coach Crean but not golf.

Win Up to \$1,000 in The Arc's 3rd Annual Golf Ball Bounce

At the start of the 20th Annual Steve Green's Golf Tournament to Benefit The Arc, June 26, 2009, 1,000 numbered golf balls will be dropped from approximately 100 feet onto the driving range at The Legend's of Indiana.

The lucky participant whose golf ball lands the closest to the marked hole will win \$1,000! The golf ball second closest to the hole will receive \$500, and \$250 will be rewarded to the third closest ball. In addition, the person whose golf ball lands the farthest away will receive \$250.

Tickets for the golf balls, numbered 1 to 1,000, are on sale now for only \$10 each. Whether you are a golfer or just want to support The Arc of Indiana, everyone can participate, and you do not have to be present to win.



To register online for the golf tournament and to purchase your chance in the golf ball bounce, please visit the News and Events section of our website, www.arcind.org. Or, you may call the office at 317-977-2375 or 800-382-9100.

This is The Arc's primary fundraising event. All proceeds will go towards enriching the lives of people with developmental disabilities. Your support helps make this important work possible and will positively impact the lives of many people.

**The Arc of Indiana's
Third Annual
Golf Ball Bounce**
\$10 per chance
(# of balls) x \$10 = _____

☐ **Check enclosed payable to The Arc of Indiana.** Please return payment and this form to ~
The Arc of Indiana, 107 N. Pennsylvania St., Suite 800, Indianapolis, IN 46204 or Fax 317-977-2385

Or with Credit Card ☐ Master Card ☐ Visa

Cardholder Signature: _____

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Name: _____

Company Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ Fax: _____

Email: _____

You can also register on-line at www.arcind.org in "News and Events"

Join in the Fun at the Self-Advocates of Indiana Annual Picnic

Self-Advocates of Indiana invites self-advocates throughout the state to join in a day of fun and fellowship at their Annual Picnic:

Friday, July 10, 2009, 10:00 a.m. – 3:00 p.m. Post Road Community Park, 1313 S. Post Road, Indianapolis

There will be bingo, dancing to the music of D.J. Shawn Fulton, a catered lunch and photo portraits provided by The Arc of Indiana's Executive Director, John Dickerson. Candidates for the Self-Advocates of Indiana board

will also be campaigning for their board seats.

As a way to give back to the community, Self-Advocates of Indiana is

holding a food drive at the picnic. Please bring a canned food item (or several items) with you to the picnic to donate to Gleaners Food Bank.

Picnic Schedule

10:00 a.m. – 11:30 a.m. Registration / Food Drive Collection
10:00 a.m. – 11:30 a.m. Self-Advocates of Indiana Board Member Candidate Campaigns
11:30 a.m. – 1:00 p.m. Lunch
1:00 p.m. – 3:00 p.m. Bingo, Dancing, Photos and More!

To guarantee lunch, please register and pay the \$5.00 registration fee before Friday, June 26, 2009. For complete registration information, please visit our website, www.arcind.org or call us at 317-977-2375 or 800-382-9100.