

## A Mom's First Steps Experience

**Brandi Davis, The Arc Master Trust Assistant Director**

How do I capture the feeling I got the first time she said "Mommy" at 26 months? Or the first time she said "Love you"? How do I capture the gratitude for the speech therapist who put up with toddler tantrums, out of the frustration of not being able to communicate, so my baby could tell me when she wants a drink? I am not sure I have the words – but here they are.

Grace is an adorable two and a half year old (one could say I'm biased) who has speech delays caused by temporary hearing loss due to build up in her ears and repeated ear infections. At two years old, after two sets of tubes,



Carolyn, a First Steps Speech Therapist, has helped Grace improve her speech by leaps and bounds.

her hearing was finally in normal range. However, she could not say any words, only babble. The lack of communication was frustrating to her and caused her to have tantrums when she couldn't get me to understand what she needed or wanted.

I have worked in the field of developmental disabilities for

almost 10 years, five of which have been at The Arc of Indiana, so I was familiar with First Steps, Indiana's early intervention program for infants and toddlers, and requested a referral from our doctor. First, they sent someone to our home to collect all our information and discuss how the program works. Then a

**Continued on page 8**

*Pathways to Employment Film Series*

## Transition with Teamwork - Woody Van

The Arc of Indiana's film series, *Pathways to Employment*, profiles the various paths seven unique Hoosiers have taken towards employment. The seventh film in the series, "Transition with Teamwork" focuses on Woody Van, a LaPorte High School senior, as he is about to graduate and go into the world of adult work. Woody's successes would not have been possible without good teamwork and cooperation between the family, local schools,



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## Communication Throughout School Year Key to Success



Evan heads back to school.

With school now well underway, we asked Carole Guess, a member of The Arc of Indiana Board of Directors, to share her personal perspective on how she works to help her son Evan, who has Down syndrome, have a positive school experience. Carole also serves on The Arc's Health and Wellness Committee.

How old is Evan and what grade is he in?

Evan will be nine years old in October. He is in second grade at Louis B. Russell School – IPS #48.

What did you do to prepare Evan for his first days back to school?

About a week before the first day of school, we started talking about going back to school, about his teachers and friends he would see and about the excitement of being in second grade.

What type of planning went into developing his IEP (Individualized Education Program) for this school year?

Lots of communication! Planning for Evan's IEP is almost an ongoing activity throughout the year. Evan's principal, teachers and therapists have been very good about two-way communication. We all try to make

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## Self-Advocates of Indiana President's Corner

**Melody Cooper**

**President, Self-Advocates of Indiana**



Melody Cooper

As this issue of *The Arc News in Indiana* goes to press, SAI is busy planning for our 2013 Conference that will take place October 8 and 9. We are looking forward to hearing from Chester Finn, a leader in the self-advocacy movement from New York.

It seems like it was just July and we were at our annual picnic at Eagle Creek. It was very hot that day, but it sure was a good time. At the picnic we thanked Rebecca Scherpelz for all of her work as our SAI Administrator, and we welcomed our new administrator, Laura Cummings.

I am looking forward to working with Laura. Some of the things we have planned after our conference include our SAI board meeting in December and traveling around the state to talk with self-advocate groups and other organizations. Programs that we can present include:

- Self-Advocacy Basics
- Dreams
- Good for Business
- Hire Me!

You can get information about these presentations by checking out SAI's new website – [www.saind.org](http://www.saind.org)! We are really excited to have this new website. Information you can find there includes:

- About SAI
- SAI Chapters
- Chapter Resources
- SAI Membership
- Programs & Events
- Self-Advocate Stories

You can also find links to information about Public Policy Advocacy, Employment and Health & Wellness.

If you would like to schedule one of our programs, or just want to learn more about SAI, give me or Laura a call, 317-977-2375, or email us – [mcooper@arcind.org](mailto:mcooper@arcind.org) or [lcummings@arcind.org](mailto:lcummings@arcind.org)

## Membership Renewal Time

*Renew Your Membership or Join Today!*

Because of you, The Arc can point to a strong grassroots advocacy community committed to action on behalf of people with intellectual and developmental disabilities (I/DD).

Most – but not all – readers of this newsletter are members of The Arc. You might be involved because you are a person with a disability or a family member, you or a family member receive services from a local Arc chapter, or you may work or volunteer with a chapter. Some may be employed by other providers of disability services. You may be a teacher or educator, or perhaps you are a community leader or a government or policy official. Maybe you're connected with The Arc because of contact with our state organization – whether its involvement with The Arc Master Trust, a chef at our Indy Cooks event or you joined us for lunch at Food Fest and signed up as a member.

Regardless of how or why you are a member, we can't say it adequately enough, "Thank You!"

You are part of a large network statewide of 20,000 members and 150,000 nationwide.

As you read the newsletter, you're learning about what's happening with The Arc. It's been a busy year. And it's that time of year when

many of our members will have their membership up for renewal. Local memberships are handled differently by each of our chapters, but we do know that in the last quarter of the year 57% of our members will have their memberships expire.

*You are part of a large network statewide of 20,000 members and 150,000 nationwide.*

Our 20,000 members provide a loud advocacy voice for Hoosiers with intellectual and developmental disabilities and their families. Without your renewed membership, our collective voice will diminish. When you receive your membership renewal notice, we hope you will stay connected and stay involved – by renewing your membership.

And if you are a reader of this newsletter and you are not a member, please join! You can connect with a local chapter on our website or, if there is not a local chapter in your area, you may join The Arc as an *at large* member online. Just visit us at [www.arcind.org](http://www.arcind.org) and check out our recently updated website.

From The Arc's Membership Committee, "Thank You!" for your membership and support!



Learn More & Register!  
[www.arcind.org](http://www.arcind.org)

**October 12, 2013**

**Dallara IndyCar Factory  
Speedway, Indiana**

Join area celebrities and community leaders as they serve up their favorite dish and compete for the most tips to benefit The Arc of Indiana!

## A View from My Window

Hosted by Michelle Fischer

The Arc of Indiana welcomes you to listen in to A View from My Window, our podcast hosted by Michelle Fischer.

Visit [www.arcind.org/A-View-from-My-Window](http://www.arcind.org/A-View-from-My-Window) to listen to the latest edition and past broadcasts of A View from My Window, including these recent shows:

**A View into Transition with Teamwork**

**A View into Autism Companion**

**A View into the INTERN Program - Show One**

**A View into the INTERN Program - Show Two**

**A View into the CRPD Treaty**



Like "A View from my Window with Michelle Fischer" on Facebook  
Follow Michelle's Blog – My Life and Stories Behind the Mic  
Join Michelle on Twitter – @MFView



John Dickerson

## Executive Director's Column

### The Power of One

Often we wonder, "What can one person really do to change the world?" I want to share a few real stories with you that show one person truly can make a difference.



A man and his wife recently came into our office. His mom had died, leaving him to care for his brother who is in his fifties and has an intellectual disability. His mom would never talk about his brother, and he suddenly was getting a crash course. I told him I was glad he found us and asked what led him to us. His wife said that at work one day at lunch she mentioned their situation, and a coworker said, "You really need

to call The Arc." That started their journey to getting help. One person.

A 91-year-old woman who lived in a group home operated by The Arc of LaGrange County was in the hospital nearing the end of her life. The doctor was touched that staff came one at a time, on their own time off, to sit with her. She had no family, and the staff wanted to be sure she was not alone. When she passed, the doctor commented to Executive Director Deb Seman how amazing it was for people to do this when they were not family. Deb replied, "Well, we are her family." One person.

### *"What can one person really do to change the world?"*

A young woman with many labels to describe her disabilities wants to be a photographer. Someone, a support person, knows someone who knows a professional photographer. The next thing you know they are connected. She is now making photographs and has had her first paid shoot. One person.

A young man, again with many labels, is expelled from the school he is bused to. Should the family get a lawyer? A friend introduces him to the principal of a different school. They do not

give up on him. He graduates with a diploma. One person.

A staff member of a community agency which supports people with disabilities wants others to know how wonderful life can be for folks, if they are given a chance to connect with life. One at a time she tells others; her energy spreads. In two years, more and more families and individuals are choosing that agency. One person.

Our annual conference on November 6 will feature Dr. Will Miller, who has written a book about the importance of having friends with *Refrigerator Rights* – those people in your life who can come to your house, open the fridge, and help themselves to something to eat – those friends who you really know and trust. Reminds me of the saying my daughter placed on my refrigerator, "To the world you are just one person, but to one person you are the world."

Each of these stories tells the importance of the power of one. The Arc of Indiana is 20,000 Hoosiers and the volunteers and staff of 42 local chapters – all with the opportunity to be the world to one other person. How fortunate we are to have one another.

Thank *each one* of you for what you are about to do.

## Blueprint for Change

# Celebrating Those Who are Making it Work

The following stories, featured in our 2013 calendar, exemplify the good work that is happening throughout the state thanks to our local chapters of The Arc. Through their efforts, people with developmental disabilities are building career pathways, utilizing their unique gifts and leading full and meaningful lives in their communities – all key goals of The Arc's *Blueprint for Change*.

Learn more about the Blueprint by visiting [www.arcind.org](http://www.arcind.org)

### Carey Services, Inc. Local Chapter of The Arc in Grant and Blackford Counties

Jason Johnson has worked on a variety of sub-contract jobs provided through Carey Services for several years. He also enjoys working



Jason Johnson

for docu-SHIELD, a division of Carey Services, Inc., which provides secure document destruction services to the community.

Jason assists other docu-SHIELD staff in collecting documents at customer locations and shredding documents at the secure document destruction facility.

Carey Services opened docu-SHIELD in 2006 to provide area businesses with a means of protecting themselves, their employees and their customers against identity theft, while also providing job training and employment for people with developmental disabilities.

Jason is a conscientious worker and says that he likes working in docu-SHIELD because it "gives me something I like to do and adds money to my paycheck".

### Stone Belt Arc Local chapter of The Arc in Monroe County

Following her graduation from Bloomington South High School in 2003, Nikki Coffey began living with two friends in a home in the community, funded with supports from a Medicaid Waiver. Due to her physical challenges, Nikki uses a wheelchair and needs adaptive equipment, but that doesn't slow down her creative spirit.

Nikki's art instructor, Karen Holtzclaw, designed a Velcro glove that allows Nikki to hold a paintbrush or pen. Because of this adaptation, Nikki can regularly be found in Stone Belt's Art Studio working on vibrant creations full of movement and design. Nikki will spend the time it takes to get a piece just right and admits that her favorite part of the process is earning money by selling a piece of her artwork.



Nikki Coffey

### The Arc News in Indiana

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# Model Seclusion & Restraint Plan Adopted

During the 2013 session of the Indiana General Assembly, The Arc of Indiana and other advocates for people with disabilities successfully worked to enact SB 345 regarding seclusion and restraint in schools.

The law established the Indiana Commission on Seclusion and Restraint in Schools, requires the commission to develop a statewide Model Seclusion and Restraint Plan and requires the state to adopt rules to minimize or eliminate the use of seclusion and restraints in schools. Under the law, schools may use the model plan or they may develop their own plan using some of the minimum requirements in the model plan. All school corporations in Indiana, including accredited non-public schools, must have a plan on the use of seclusion and restraint in place by July 1, 2014.

The model plan, adopted by the Indiana Commission on Seclusion and Restraint in Schools, can be viewed by visiting *Model Seclusion and Restraint Plan* in "Recent News" on The Arc of Indiana's website: [www.arcind.org](http://www.arcind.org).

***All school corporations in Indiana, including accredited non-public schools, must have a plan.***

A key provision of the model plan is emphasizing that seclusion and restraint are *only* to be used as a last resort when a student presents an immediate danger to himself or others.

Public hearings on state rules on restraint and seclusion will be held throughout the state in October.

## Bullying as a Civil Rights Issue

There are a lot of stories in the news about bullying, and the recent incidents of school violence have shown its devastating effects.

Bullying of children with disabilities is significant. The few studies that have been published found that children with disabilities were two to three times more likely to be bullied than their non-disabled peers. One study shows that 60 percent of students with disabilities report being bullied regularly compared with 25 percent of all students.

The Office for Civil Rights (OCR) and the Department of Justice (DOJ) have stated that bullying may be considered harassment when it is based on a student's race, color, national origin, sex, disability, or religion.

***Students must feel safe in school in order to fulfill his or her full academic potential.***

Section 504 of the Rehabilitation Act, Title II of the Americans with Disabilities Act (ADA), and Individuals with Disabilities Education Act (IDEA) are federal laws that protect the rights of a child with a disability against bullying behavior that is based on the child's disabilities and that interferes with or denies the child the opportunity to participate in or benefit from an educational program. Students with a 504 plan or an Individualized Education



Program (IEP) would qualify for these protections.

On August 20, 2013, the Office of Special Education and Rehabilitative Services (OSERS) issued guidance on the matter of bullying of students with disabilities. Under IDEA, schools are obligated to ensure that students with disabilities receive a free appropriate public education (FAPE). This guidance explains that any bullying of a student with disabilities which results in the student not receiving meaningful educational benefit is considered a denial of FAPE.

Indiana's new anti-bullying legislation requires the development of guidelines in establishing bullying prevention programs, investigation and reporting procedures and discipline rules.

It requires each school corporation to provide training to school employees and volunteers concerning the school corporation's bullying

prevention program, and to provide annual bullying prevention education to students.

Students must feel safe in school in order to fulfill his or her full academic potential. IEPs, as well as 504 plans, can be useful in outlining specialized approaches for preventing and responding to bullying.

### Resources on Preventing and Addressing Bullying

#### **PACER's Bullying Prevention Center**

[www.pacer.org/bullying](http://www.pacer.org/bullying)

#### **Kidpower**

[www.kidpower.org](http://www.kidpower.org)

#### **Stopbullying.gov**

[www.stopbullying.gov](http://www.stopbullying.gov)

#### **Office of the Indiana Attorney General**

[www.in.gov/attorneygeneral](http://www.in.gov/attorneygeneral)

#### **Indiana Department of Education**

[www.doe.in.gov/student-services/bullying](http://www.doe.in.gov/student-services/bullying)

#### **Indiana Bully Prevention**

[www.bpindyinc.org](http://www.bpindyinc.org)

#### **National Dissemination Center for Children with Disabilities**

[www.Nichcy.org/schoolage/behavior/bullying](http://www.Nichcy.org/schoolage/behavior/bullying)



IPAS Executive Director Gary Richter shows his support for the Bully Project at the 2013 Self-Advocates of Indiana picnic. Learn more about the Bully Project at [www.thebullyproject.com](http://www.thebullyproject.com)

### The Arc News in Indiana ...Pass it On

What better way to recycle your copy of *The Arc News in Indiana* than to pass it on!

- Share with a friend
- Share with your child's teacher
- Leave at the doctor's office
- Give to your case manager or support staff

Be creative! What other ways can you share news from The Arc?

## Board Profile

# Erika Steuterman, West Lafayette

The work of The Arc of Indiana would not be possible without the commitment of our board of directors, including board member Erika Steuterman.

Erika, who lives in West Lafayette, served in the Air Force for 34 years, retiring as a Major General. In addition to serving on The Arc of Indiana board, she is a board member of United Way of Greater Lafayette and is immediate past chair for Wabash Center's board. Wabash Center is an associated organization of The Arc.

Erika's advocacy for people with developmental disabilities comes from her experience as both a sibling and a parent – brother Steve, sister Gina, and daughters Erin and Jessie all have varying degrees of developmental disabilities.

"My parents were very insistent on allowing me to have my own life with my family when I was living in the Dallas-Fort Worth and Houston, Texas areas. When our family returned to Indiana in 1995, my parents were still able to care for my brother and sister, who were both receiving supports through the Medicaid Waiver in Indianapolis. In 2010 my brother became ill. My mother was my dad's caregiver at that time, so I became the guardian for my brother and took on primary responsibility for my sister as well. I moved my brother to Lafayette where I could take charge of his



Erika and her brother, Steve and daughter, Jessie, at Wabash Center's Greenbush Industries.

medical, psychological and physical well-being. I do the same for my sister who remains in Indianapolis and is doing well," Erika said.

She continued, "I spend the most time as our daughters' guardian, which I share with my husband, Ron. Erin is on the Family Supports Waiver, and Jessie is on the Community Integration and Habilitation Waiver. Jessie was involved in a major automobile accident in the fall of 2008, so not only does she deal with I/DD but also physical problems as a result of the accident. She works at Wabash Center's Greenbush Industries. Erin works part-time in the dish room at the Fred and Mary Ford Food Court at Purdue. I attend at least 16 quarterly meetings a year, plus all doctor appointments for my

brother and daughters, which takes a great deal of time, but I am happy that now I am retired, I have the time to be such an important part of their lives.

"Because my brother and oldest daughter receive services from Wabash Center, I am honored to serve on the board of Wabash Center and ensure that all of our loved ones receive the best care possible and have enriched lives. I take that desire to The Arc of Indiana board of directors by working at the state level to help enact legislation that makes sense, fits the budget and keeps our loved ones safe, healthy and happy. I cherish participating on both boards because of all they do to keep us and the state of Indiana moving in the right direction."

## News from The Arc US

### New Grant to Tackle FASD

On September 9, FASD Awareness Day, The Arc announced they have been awarded more than \$1.3 million to increase education about and prevention of Fetal Alcohol Spectrum Disorder (FASD). The three year cooperative agreement with the federal Health Resources and Services Administration's (HRSA) Maternal and Child Health Bureau will build on The Arc's long history of work on FASD prevention and providing services to people with FASD. Through the project, The Arc will work to increase medical provider knowledge of the risks alcohol poses during pregnancy and to encourage prevention.

### New ACA Toolkit Available

The Affordable Care Act marked one of the most significant laws for people with disabilities since the enactment of the Americans with Disabilities Act (ADA) in 1990. This year, implementation is moving into high gear. The Arc has updated the Health Care page on their website, and has produced a new toolkit to help educate individuals about the benefits of the ACA and how to support outreach and enrollment. Visit [www.thearc.org](http://www.thearc.org) and search for "ACA" to access information and the toolkit.

## Selection of Management Company Marks Step Forward in Establishment of Teaching Hotel and Training Center

General Hotels Corporation has been selected as the management company for the teaching hotel that The Arc will build in conjunction with a hospitality training center in Muncie, Indiana.

"General Hotels Corporation is excited to be working with The Arc on such a unique hotel project that benefits so many, including The Arc, individuals with disabilities and the city of Muncie," said Jim Dora, Jr., General Hotels Corporation president and chief executive officer.

"The Teaching Hotel and Training Institute is a truly unique opportunity to provide on-the-job

service training for individuals with disabilities who can then take that skill back to their community to achieve greater independence for themselves," continued Dora.

Muncie Mayor Dennis Tyler said, "This project is so important in our continuing endeavor to create economic development opportunities in Muncie. A downtown hotel is critical to these efforts. Having a hotel that will also offer training and employment opportunities for people with disabilities makes this project particularly important. We are very excited to have General Hotels Corporation, an Indiana based company, join us

in this exciting venture."

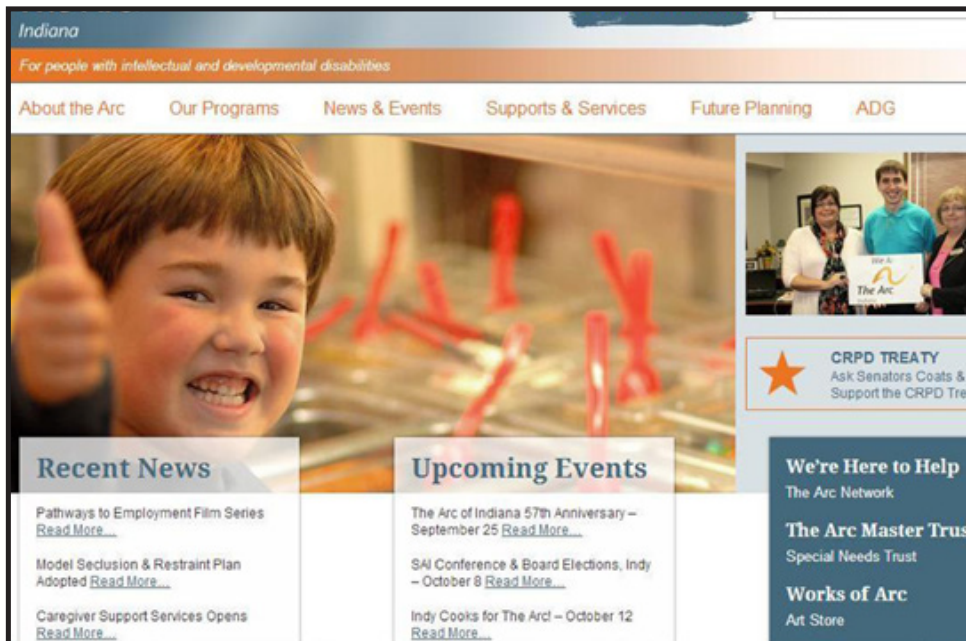
The selection of General Hotels as the management company for the teaching hotel and training center project marks an important set for-

ward in realizing The Arc's goal of establishing the teaching hotel and training center. Ground breaking is planned for March 2014. Anticipated opening is slated for July 2015.



Kim Dodson, Mayor Tyler and Jim Dora

# The Arc of Indiana, SAI Launch New Websites



As soon as you finish reading *The Arc News in Indiana*, head over to your computer, phone or tablet and visit the new and improved websites for The Arc of Indiana and Self-Advocates of Indiana (SAI) – [www.arcind.org](http://www.arcind.org) and [www.saind.org](http://www.saind.org)

## New at The Arc of Indiana

- Improved display for smart phones and tablets
- New “Health & Wellness” Section
- Updated navigation to find information on supports and services
- Updated display to easily find podcasts, blogs, videos and publications
- “Chapters Only” resource section
- “Latest News” and “Upcoming Events” feeds on home page to quickly stay informed
- Information sections for Families and Professionals
- Updated guide to Public Policy
- Link to the new SAI website

## New at Self-Advocates of Indiana

- Improved display for smart phones and tablets
- Resources for SAI Chapters
- Information on SAI Programs & Events
- Listing of SAI Chapters
- Links to stories from self-advocates
- Information sections on Employment and SAI Membership
- Links to Facebook and Twitter for SAI
- ...and more!

Let us know what you think! Just click on “Contact Us” on the websites to give us your feedback and suggestions for additional resources.

# Friends Become Roommates after Careful Planning

Ned Russell-Sullivan and Kurt Bassett first met through their connection with The Arc in 2008, but it was not until last year that they began to consider the possibility of becoming roommates. Making the move was a big decision; but thanks to careful planning, Ned, Kurt and their families all agree it has been a positive move.

The process began with Ned, Kurt and their parents meeting to talk honestly and frankly about expectations and priorities. Important considerations included a location that would allow both men to easily get to work, a walkable neighborhood, and preferably a two bedroom, two bath apartment on an upper floor.

An apartment in downtown Indianapolis met all of the criteria. Kurt is able to walk to his part-time job at Hands in Autism; and Ned is able to use Open Door, IndyGo’s paratransit service, to quickly get to his job at the City County Building. Expenses are



shared, with the paychecks both men receive as well as support Kurt receives through SSDI. Kurt handles most of the cooking, and Ned helps make sure they are managing their budgets wisely.

*Kurt is able to walk to his part-time job at Hands in Autism; and Ned is able to use Open Door, IndyGo’s paratransit service, to quickly get to his job at the City County Building.*

While Kurt receives supports through the Family Supports Medicaid Waiver, Ned is on the Medicaid Waiver waiting list. Receiving waiver services would help Ned become more independent and less reliant on some of the supports his parents and

sister sometimes provide. Although they continue to be an active part of Ned’s life, a part of the move that his parents did not anticipate was the shift away from a care giving role to the more natural relationship between a young adult and his parents.

When asked what advice they would give to others, Ned and Kurt agreed that finding a compatible housemate is important, and that while being on their own has been a big adjustment, they could not be happier with their apartment and the responsibility and independence that comes with it.

## Transition with Teamwork, from page 1

LaPorte County Special Education Cooperative and Project Search. View “Transition with Teamwork,” and all of the films in the series in the *Pathways to Employment* playlist on The Arc of Indiana’s YouTube channel, [www.youtube.com/arcadvocate](http://www.youtube.com/arcadvocate).

The Arc has produced a tool kit to help individuals and organizations use the films in schools, with business and civic organizations, at public events, etc. to help educate others about the value of employing people with disabilities. In addition,

our “Guide to Community Employment and Vocational Rehabilitative Services” provides a step-by-step guide to how vocational rehabilitative services can help people with disabilities become and stay employed.

**Find the “Pathways to Employment Films Toolkit,” “Guide to Community Employment” and other resources by visiting [www.arcind.org](http://www.arcind.org); click on “Supports & Services,” and then click on “Employment.”**

## The Arc Master Trust

# Reflecting on Our History and Looking Forward to the Next 25 Years

The Arc Master Trust is proud to be celebrating 25 years of service to people of all disabilities as the nation's leading special needs trust program. On October 21, we will celebrate that achievement with an open house and special recognition of those who made the trust possible.

Attorneys **Tom Ewbank**, **Robert Hulett** and **Gordon Wishard**, respected throughout the state as leading trust and estate planning attorneys, assisted with the legal research and creation of the Master Trust program. **Alan Kemp**, who served The Arc for many years as Governmental Affairs Director and Deputy Director, guided the founding of the trust and formed the basis of its success as the first Trust Director. In addition, countless individuals, foundations, organizations and local Arc chapters provided valuable financial support and priceless moral support to the trust in its infancy. Thanks to

its early leaders and supporters, The Arc Master Trust continues to serve as a model for special needs trusts throughout the country.

The guidance of the trust founders was critical to assuring the trust was established in a way that protects the assets of beneficiaries and stands the test of all state and federal laws and regulations. Just recently, Indiana's office of Medicaid Policy and Planning reaffirmed that the trust meets Medicaid requirements for special needs trusts.

Trust I was established in 1988 as a way for families who have a loved one with a disability provide for them after they are gone. Trust II was founded in 1995 as a way for people with disabilities to fund their own trust. Both trusts began modestly and were designed to grow slowly but surely to best meet the needs of trust beneficiaries. Today, Trust I accounts total nearly 900. 1,474 individuals



are served through Trust II, and total funds on deposit as of June 30 for the trusts was \$47,808,103.

Each and every day the trust staff receives requests for disbursements to pay for items to benefit the lives of trust beneficiaries. In the second quarter of this year, a total of 1,645 disbursements were made, totaling \$1,779,759.

Just as the trust has grown over time, so has the trust staff. In the early years, Alan Kemp managed all

aspects of the trust program – from making presentations, to meeting with families and individuals, to overseeing disbursements. Today the trust is led by Trust Director Melissa Justice and her staff – Brandi Davis, Assistant Trust Director; Katie Bata-gianis, Trust Account Manager; and Amanda Ables, Trust Administrative Assistant. Tom Ewbank, one of the trust founders, now serves the trust as Senior Trust Officer; and a Trust Advisory Committee and Family Advisory Committee provide valuable guidance for the trust.

To all who have made the success of The Arc Master Trust possible, thank you! We look forward to the next 25 years of service to individuals of all disabilities.

To learn more about The Arc Master Trust, visit [www.thearcctrust.org](http://www.thearcctrust.org), or call 317-977-2375 or 800-382-9100.

## Decoding Dyslexia-Indiana

October is Dyslexia Awareness Month. According to the Yale Center for Dyslexia and Creativity, 1 in 5 people are dyslexic. Although many mistakenly believe that people with dyslexia see words backwards, dyslexia is actually a neurobiological learning disability that affects an individual's ability to read, write, spell and/or do math. Some early warning signs include difficulty learning the alphabet and letter sounds, difficulty rhyming, resistance to crossing the midline, difficulty with pencil grip and letter formation and difficulty retaining common information (like teacher/classmate/extended family names).

Formed in February 2013, Decoding Dyslexia-Indiana is part of a national grassroots movement of parents seeking to raise awareness. In Indiana, dyslexia is not recognized as a learning disability. Decoding Dyslexia-Indiana seeks to establish a universal definition of dyslexia within Indiana's education code

so children can be screened early and get appropriate multi-sensory interventions. They also seek to make available teacher training on dyslexia and a multi-sensory phonetic reading approach designed to systematically and explicitly teach the sounds of language, syllable patterns, and the spelling rules that govern reading and spelling.

With early identification and appropriate interventions, children with dyslexia can catch up with their peers. Undiagnosed, a child who is dyslexic may be mistaken for a student who doesn't try hard enough, will often feel misunderstood and will perform at a level below his or her potential. In spite of great difficulties, individuals with dyslexia have average to above average intelligence and show tremendous areas of talent.

To learn more about DD-IN, look for them on FaceBook, DecodingDyslexiaIN, and Twitter, @DDIN2013.



### Indiana's Premier Special Needs Trust

#### Trust I

Established in 1988, Trust I helps families provide for the financial future of their loved ones without affecting eligibility for government benefits such as SSI, SSDI and Medicaid.

#### Trust II

Established in 1995, Trust II allows people with disabilities to fund their own trust, allowing them to maintain eligibility for government benefits.

Over the past 25 years, nearly 5,000 people have enrolled in Trusts I and II. Trust I investments total over \$30.5 million, and Trust II investments total over \$14.5 million.

Whether you are a family member, person with a disability or a legal or other professional, The Arc Master Trust is here to help.

[www.thearcctrust.org](http://www.thearcctrust.org)

800-382-9100



# Imagine the Possibilities!

## The Arc of Indiana 2013 Conference, Appreciation Luncheon & Annual Meeting

Wednesday, November 6, 2013

Registration - 8:15 am

Conference - 9:00 am

Lunch included in Registration

The Fountains  
502 E. Carmel Drive  
Carmel, Indiana 46032

### Featuring keynote speaker, Dr. Will Miller & workshops on:

Insurance/Affordable Care Act

Post-Secondary Education

Employment

Professional Development for ICEArc Members

Asset Based Community Development

Relationships & Sexuality

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## Back to School, from page 1

sure we're all on the same page as much as possible. Evan does a split schedule (general education and Life Skills), so there is lots of talking, sharing and assessing/reassessing throughout the school year. By the time it comes to actually documenting the IEP for the next year, we have a good idea of the status of Evan's current goals and what goals will help him to build on that success in the following year.

Did Evan participate in First Steps and Preschool, and if so, how did this help prepare him for school?

Evan started First Steps right after he left the NICU. So many of the cognitive, motor, communication and social skills he developed in First Steps were essential in giving him an opportunity for success in preschool and beyond.

He attended preschool immediately following First Steps. We did a mixture of ½ day community-based preschool (Day Nursery IU Health for full inclusion with typical peers) and ½ day of special education

preschool (IPS Programs for Young Children).

What advice or thoughts do you have for other parents of young children?

If your child is able to do a certain skill at home, but the teacher has not seen that same skill at school, video tape your child doing that skill at home before the case conference. Show the video to your child's teachers, principal, etc. Have a discussion and develop a plan on how to help that skill emerge at school, and make sure you agree with the wording and goals documented in the IEP. For example, instead of an IEP saying, "Johnny is unable to do [...skill A]," a better way to say it might be, "Although we have seen evidence that Johnny is doing [...skill A] at home, the skill has not yet emerged in the school environment."

The most important thing is to communicate on an on-going basis as much as possible with everyone at school who interacts with your child.

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## A Mom's First Steps Experience, from page 1

two-person team came to our home and did an overall developmental assessment of Grace. They verified she had reached all the milestones she should have reached for a two-year-old, except for verbal communication, and that Grace did indeed need speech therapy.

I was assigned a case manager who supplied me with several choices of speech therapists in my area – including information about their education, experience and area of expertise. I chose Carolyn because of the length of her experience and success with young children. Carolyn has been our therapist for several months now. Grace has improved by leaps and bounds. At first it was a chore just to get her to participate in a therapeutic way, but Carolyn stuck it out. She started

saying words and more words. They weren't always clear, but she could get her point across.

Today Grace's tantrums have all but disappeared due to being able to ask for things she needs and wants. She eagerly awaits every visit for Carolyn to "pway wif her." Grace still has a way to go. Her vowels, which should have been easy for her to learn, are still quite a challenge, and sometimes she confuses words that she should know. But the therapy is working. She can even tell me she loves me now, and that right there is worth it all.

To learn more about First Steps call 800-545-7763 or visit: [www.in.gov/fssa/4655.htm](http://www.in.gov/fssa/4655.htm)