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The Arc Advocate

ACHIEVE WITH US!

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AUTISM AWARENESS

What is Autism?

According to the Diagnostic and Statistical Manual (DSM-5)1 autism spectrum disorder (ASD) is classified as a developmental disorder, with or without intellectual disability (ID), which is characterized by impairment(s) in reciprocal social communication and social interaction (i.e. turn taking activities, such as a two person conversation) and restricted, repetitive patterns of behavior, interests or activities. These characteristics are typically present from early childhood and may limit or impair everyday functioning. The term "spectrum" is used because there are many diagnoses that fall "on the autism spectrum" which used to be treated as separate diagnoses including autistic disorder, pervasive developmental disorder not otherwise specified (PDD-NOS), and Asperger's syndrome. All of these conditions are now considered to be within the autism spectrum and are called ASDs. People who have autism can have other developmental disabilities in addition to an ASD. For example, some individuals who have a diagnosis of ASD may have above average IQs, while others may have a diagnosed intellectual disability. Likewise, some individuals may have other conditions in addition to an ASD (such as cerebral palsy or Down syndrome) while others do not.

How Many People Have ASDs?

The number of people who are receiving a diagnosis on the autism spectrum is increasing. It is not clear whether this is due to the creation of a broader definition of ASDs or better diagnostics. Regardless, a true increase of autism diagnoses is apparent. The CDC estimates that roughly 1 in 68 children in the United States have ASDs.2 Autism is more common than multiple sclerosis, cystic fibrosis, childhood cancer, cerebral palsy, Down syndrome, AIDS, and diabetes.

Who Is Most Often Affected?

While ASDs occur in all racial, ethnic, and socioeconomic groups, boys are five times more likely to have ASDs as compared to girls. However boys, siblings of individuals who have autism, and people who have certain other developmental disorders, such as Fragile X syndrome are more likely to receive a diagnosis of autism.

How Does The Arc Help People with ASDs and Their Families?

People with ASDs and the family For more information on this and other topics, visit thearc.org Revised 7/27/2015 members who care about them need support in many ways. Parents often turn to The Arc for support and services that aren't available from other sources. Families need help navigating these various systems in getting the support they need. The Arc has over 650 state and local chapters that serve people with various intellectual and developmental disabilities, including autism. A 2011 survey of The Arc's chapters showed that 93% of chapters across the country serve individuals who have a diagnosis on the autism spectrum. The Arc's Autism Now: The National Autism Resource and Information Center is a lifeline for families in need. It is a dynamic and interactive, highly visible and effective central point of quality resources and information for individuals with ASDs and other developmental disabilities. For more information, visit The Arc at thearc.org and The Arc's Autism Now Center at autismnow.org.

Foundation for the Arcs of Wyoming * RPO Associates, CPAs, LLC *
***Ross, Ross & Santini * Todd Dereemer & Wendy Volk * Toni Rogers * Arc of LC Friend ***
***First United Methodist Church * Beth Schiek * Marcia Vanlandingham ***
 • *** Flyte Sanitation, Inc., * Rox "N" Sound Co * 90 MUNS and Friends ***
Woodhouse Roden Nethercott, LLC * Case Management For Positive Solutions* Pinnacle Bank
*** Spradley Barr Cheyenne***
WY DDD Waiver Providers who are Sponsors:
Love, Care and Dignity * A Better Life Incorporated * CJ Services * C.H.A.T. * Believe, LLC. *
*** Goodwill Industries of Wyoming * * Magic City, Enterprises * Aspiring Change ***
 For more information in becoming a local sponsor, please call 632-1209



Fundraiser

Thankful Thursday

Help the Arc Raise Money and Disability Awareness

April 5th, 2018, 5PM-9PM

@

AMVETS Post 10
3839 E. Lincolnway

50/50 Raffle

Card Games

Live Auction

THANKFUL
Thursday
"Party With A Purpose"

Walking Tacos
\$5.00 per plate
Includes dessert

Monthly Activity

Your Invited To A

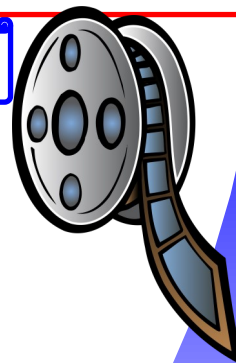
MOVIE EVENT

Now Showing:

Wonder

Join us for popcorn, movie and fun!!!

Sunday, April 15th, 2018 * 1-3PM * Cheyenne Moose Lodge



Weekly Activity

ART FOR ARC RETURNS!!!

285 N. AMERICAN ROAD

BE CREATIVE

EVERY WEDNESDAY 1-2:30PM

Art for Arc has returned. Stop in and meet our new class instructor Taylor! She is excited to meet all of you and has some fun projects planned.



April Project :
Customize Your Own Flower Pot



April Class Dates: 4th, 12th, 18th and 25th

Art class is free to all Arc Members. Non-Members will be charged a \$5.00 fee to attend.

Art for Arc is a program designed to encourage creativity, communication, and socialization. This program is open to all Arc Members and is designed to develop and advance artistic skills, giving each individual an opportunity to find their own voice through art.

Directions:
From Lincolnway and Southwest Drive
Take a left on Southwest Dr. go over the tracks to 5th St.
Turn Right on 5th St.
Don't want to wait for the train to pass?
From College and I-25
Go east on College Dr. to Southwest Dr. (Turn left just past the Arby's). Take Southwest Dr. north to 5th St. Turn left on 5th St.
Building entrance faces 5th St.

* In the event of inclement weather we may cancel class. Cancellations will be posted on Facebook*

"This world is but a canvas to our imagination"

Arc Member of the Month: Chad Dykeman



Your Arc of Laramie County's Member of the Month is Chad Dykeman. Chad has been a member of The Arc for over 40 years. He originally was on his parent's family membership but when he moved into his own place in 1994 he got his own membership. His favorite Arc activities include bowling, Arc dances and the Christmas party. Chad currently works at the YMCA. He can be heard telling people on a regular basis how much he loves his job. In his free time Chad can be found

downtown at Fridays on the Plaza, or participating in Special Olympic and Arc bowling. Chad loves the Wyoming Cowboys and he attends all home games with his parents. He even followed the Pokes to Idaho this past December when they played in the Potato Bowl. Chad loves to travel with his parents as long as they travel by plane. If a Genie granted Chad three wishes he would wish for to go on a cruise to Hawaii, drive a corvette and eat desserts everyday! Please say hello to Chad the next time you see him at an Arc function. Thank you Chad for being an important part of The Arc of Laramie County.

If you would like to be a part of the Arc Member of the Month Club contact The Arc office for a questionnaire form.

EASY TASTY-BITS: JALAPENO POPPER WONTONS



Directions:

Prep Time 20 min • Cook Time 10 min

1. In a medium bowl, stir together the cream cheese and jalapeno peppers. Arrange wonton wrappers a few at a time on a clean dry surface. Set a cup or small bowl of water nearby. Place about a teaspoon of the cream cheese mixture onto the center of each wrapper. Moisten your fingertip in the bowl of water and trace the edges of the wonton wrappers. Fold into triangles or follow directions on the package for desired shapes. This part can be done ahead of time and refrigerated or frozen.

2. Heat the oil in a deep fryer to 375 degrees F (190 degrees C). When hot, fry the wontons a few at a time until golden brown, about 2 minutes. Drain on paper towels. Repeat with all of the wontons, then serve with the sweet chili sauce for dipping.

Ingredients

- 1 (8 ounce) package cream cheese, softened
- 1 (4 ounce) can diced jalapeno peppers
- 20 (3.5 inch square) wonton wrappers
- 1/2 cup sweet chili sauce
- oil for deep frying

Save the Date

Mark your calendars for these future Arc of Laramie County Events:

May Monthly Activity: Fiesta Social
Date: TBD

June 9th, 2018 - Flapjack Fundraiser
Join the Arc of Laramie County for breakfast from 8am-10am at Applebee's. Tickets are only \$8.00 and include all you can eat pancakes, coffee or juice and bacon.

June 30th, 2018—The Arc Family Picnic and the Ability Experience. Location: Holiday Park by Big Boy, 5-8PM. Help us welcome The Ability Experience Riders.

September 22nd - OKTOBERFEST

Shopping

Did you know you can help The Arc of Laramie County when you shop online? Next time you order from Amazon use Amazon Smile and designate us as your favorite charity and portion of your purchase will be donated to us.

Reminders

Arc activities are open to everyone and are free unless otherwise stated to members. The fee for non-members is \$5.00 an activity. We encourage everyone to become a member. We offer individual, family and corporate memberships. Contact the office for more information. Also, if you have moved or are moving please let us know your updated address. Newsletters will not be forwarded. So stay in the loop by updating.

Like seeing your Arc Newsletter in color? We are currently looking for people and or business to sponsor the newsletter. Call the office for details.

Around Town

INAUGURAL BLUE OUT DAY GOLF OUTING FOR AUTISM

A PORTION OF THE PROCEEDS WILL BE DONATED TO THE ELS FOR AUTISM FOUNDATION

APRIL 28, 2018 • F.E. WARREN AFB GOLF COURSE
4-PERSON SCRAMBLE • 10:00 A.M. SHOTGUN START • MULLIGANS AVAILABLE

FOR MORE INFORMATION OR TO SIGN-UP
STOP BY THE PRO SHOP AT 6110 GOLFCOURSE DR.
OR CALL (307) 773-3556 OR EMAIL FEWARRENGOLF@GMAIL.COM

SWEETHEARTS BALL



APRIL 2018

2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Happy Easter	2	3	4 Art Class 1-2:30PM 285 N. American Rd Arts & Crafts	5 5PM-9PM @ AMVETS Post 10 THANKFUL Thursday Party With A Purpose	6	7 Bowling Check-in 12:15 @ Two Bar Bowl XXX
8	9	10	11 Art Class 1-2:30PM 285 N. American Rd Arts & Crafts	12	13	14
15 Movie 1-3PM Cheyenne Moose	16	17	18 Art Class 1-2:30PM 285 N. American Rd Arts & Crafts	19	20	21 Bowling Check-in 12:15 @ Two Bar Bowl XXX
22	23	24	25 Art Class 1-2:30PM 285 N. American Rd Arts & Crafts	26	27	28 Movie 1-3PM Cheyenne Moose
29	30					

2018 ARC BOWLING SCHEDULE



APRIL 7, 2018
APRIL 21, 2018
MAY 5, 2018
MAY 19, 2018
JUNE 2, 2018



Bowling Leader Board

1	2	3	4	5	6	7	8	9	10
8-	7-	53	97	97	X	8-	51	37	9-
8	15	23	42	62	80	88	94	113	122
1	2	3	4	5	6	7	8	9	10
87	9-	44	72	9-	X	X	8-	35	977
19	28	36	45	54	82	100	108	116	133

Men's High Average:
Thomas Cumbie—144
Women's High Average
Linda Souza—117
Men's Most Pins
John Lomax—1026
Women's Most Pins
Linda Souza—704
Great Job Arc Bowlers!!

**NO LATE ARRIVALS, IF YOU COME PAST 1:00 PM
YOU WILL NOT BOWL.
SO PLEASE ARRIVE ON TIME.**

Arc Bowling Rules

\$6 for members \$8.00 for Non or expired members

Some of the requirements of being able to bowl are following rules pertaining to each individual participating in bowling.

Check in will start at 12:15 pm. If you are not signed in by 12:50 pm you will not bowl that day. Bowling starts at 1:00 pm! Please do not arrive prior to 12:15PM.

When signing up to bowl you are committed to your team to show up on the dates that will be provided.

Arc members not on a team can be listed on the Substitute list. Substitutes may show up and will be placed on a lane to bowl in place of a team member who did not show up. Subs do bowl every week, however we are not be able to tell you a team or lane until 5-10 minutes before bowling starts.

Only participants that are bowling will be allowed to be in the bowling area to sit. All spectators and visitors need to be in the upper level to watch participants. This includes staff unless on a wheelchair lane.

Everyone will use appropriate language and behaviors when interacting with others. We will not use: Profanity, put downs, insults, name calling, bullying, harassment, or anything that might cause another person to feel uncomfortable. We will no rough house or horseplay while in the bowling alley. When bowling is finished all participants will completely clean up their area.

All Shoes will be untied and turned into the front desk.

All balls will be put back in the ball racks. Please throw away your trash this those sitting in the upper level tables. The Arc staff are not there to clean up after you. This was an issue last season and if it continues we will have to implement a check-out system.

*****There were balls and trash left on multiple lanes. Please be respectful to Two Bar Bowl and The Arc Staff and put your balls away and throw away trash. We will be checking lanes.*****

TEAMS HAVE CHANGED

See new team lists below, please let us know of any problems with the changes. Per the bowling alley, if you have to arrive prior to 12:15 please stay in the café area. There is a league that bowls before us and we need to let them finish before going to our lanes.

2018 Bowling Teams

2018 Bowling Teams

<p><u>Subs</u></p> <ol style="list-style-type: none"> Melissa Kendall Tyler Hoadley Danny Brent 	<p><u>Starkies</u></p> <ol style="list-style-type: none"> David Ray Debbie Mason Nolan Kenzy Maria Gostovich 	<p><u>Thunder Rolls</u></p> <ol style="list-style-type: none"> James Hayes Kelly Schwartzkoph Travis Huntley Andy Banard
<p><u>Alley Cats</u></p> <ol style="list-style-type: none"> Chris Alcon Tim Wilson Mark Gray Mandy Basile Joanne Lovata 	<p><u>Sheriff's</u></p> <ol style="list-style-type: none"> Scott Thomas Shelton Johnson John Lomax Howard Hill 	<p><u>Diamonds & Coal</u></p> <ol style="list-style-type: none"> Donna Jennings Annie Riedel Damaris Eaton Donald Graham
<p><u>Power Pins</u></p> <ol style="list-style-type: none"> Kathy Fraher Eric Milledge Tina Whiteface Scott Olsen 	<p><u>Sparkly Strikers</u></p> <ol style="list-style-type: none"> Alan Herrera Barbara Dobbie Hanai Bretell Richard Ray 	<p><u>Country Friends</u></p> <ol style="list-style-type: none"> Andy Collins Jenny Gilbert Kevin Monk Jennifer Just
<p><u>Team Spirit</u></p> <ol style="list-style-type: none"> Hannah Moore Rachel Ediger Tina McGovern Reiko Yorio 	<p><u>Fun Bunch</u></p> <ol style="list-style-type: none"> Scott Norris Brian Anderson Chad Dykeman Kent Barhite 	<p><u>1st Strike</u></p> <ol style="list-style-type: none"> John Lowe John Patton Jason Peterson April Johnson
<p><u>Broncos</u></p> <ol style="list-style-type: none"> Todd Vernon Thomas Cumbie Mike Davis Bobby Sookla 	<p><u>Arc's Aces</u></p> <ol style="list-style-type: none"> Thomas McGeever Jeff Weehunt Bryan Latosh Gary Lewis 	<p><u>Guardian Angels</u></p> <ol style="list-style-type: none"> Linda Souza Tashara Smith Nathan O'Grady Kara Piscatella
<p><u>Dallas Cowboys</u></p> <ol style="list-style-type: none"> Daniel Leeson Travis Page Jeff Miller Jeff Williams 	<p><u>Rock on Bowlers</u></p> <ol style="list-style-type: none"> Dylan John Kenny Jenkins Jason Barker Chris Nichols 	<p><u>Fire Power</u></p> <ol style="list-style-type: none"> Jasmine Andazola Brad Smith Beth Nevin Sariah Caudle
<p><u>Rolling Thunder</u> (Wheelchair Lane)</p> <ol style="list-style-type: none"> Charla Kline Jennifer Eckert 	<p><u>Lighting Strikes</u> (Wheelchair Lane)</p> <ol style="list-style-type: none"> Tim Simkins Byan Diggs Travis McLean 	

****PLEASE NOTE TEAMS HAVE CHANGED, to move or delete anyone on the roster, please call Charity @ 307-632-1209.

Per Vicki at 2 Bar Bowl, we are ONLY allowed 4 people per team this year!

The 5th person listed and Floaters are subject to move lanes to make complete teams in the event of an absence.

Check-in begins at 12:15pm with bowling starting at promptly 1:00pm. Please do not arrive at bowling alley Prior to 12:15pm