



Mailing Address
 P.O. Box 1812
 Cheyenne, WY. 82003
 307.632.1209
 www.arcoflaramiecounty.com

Non-Profit Organization
 US Postage Paid
 Cheyenne, WY
 Permit #149

«Name 1»
 «Address»
 «City», «State». «Zip»

Pinnacle Bank * Foundation for the Arcs of Wyoming * RPO Associates, CPAs, LLC *
***Ross, Ross & Santini * 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 * Overture ***
 For more information in becoming a local sponsor, please call 632-1209



Issue
 7
 July
 2018



BOARD OF DIRECTORS:

President:
 Larry Milbourn

Vice President:
 Donald Heiduck

Secretary:
 Heather O'Connor

Treasurer:
 Daryl Hensel

Board Members:
 Kelly Sebastian
 Cassie Hesch
 Toni Rogers
 Brittany Hankinson-
 McGovern

Ex-Officio:
 Joshua Henning
 Jeff Ketcham

Executive Director:
 Charity Moore



ACHIEVE WITH US!

This Issue

FINDS Survey	P.1
Monthly Activities	P.2
News	P3&4
Arc Member of the Month	P.6

New Data Reveals Our Nation is Failing to Support People with Intellectual and Developmental Disabilities

Posted on **June 12, 2018** by **The Arc**

Washington, DC – The Arc of the United States released [the Family & Individual Needs for Disability Supports \(FINDS\) Community Report 2017](#). The intent of this one-of-a-kind survey, conducted by The University of Minnesota's Institute on Community Integration in collaboration with The Arc, is to understand the experiences of families who provide supports to a family member with intellectual or other developmental disabilities (I/DD). This is the second FINDS Report that The Arc has released; the first was conducted in 2010, and [released in 2011](#).

An estimated 7.3 million people with I/DD live in the United States, with the majority living in their family home and receiving support from a family member. The report includes survey responses from over 3,000 caregivers and provides information on the economic implications, logistical challenges, and major gaps that exist in caregiving infrastructure.

The FINDS Survey revealed that, despite the progress that many states have made to increase availability of resources and public funding to provide supports for caregivers and individuals with disabilities, many critical challenges remain. The study revealed that:

- 80% of individuals with I/DD live with a caregiver who is their family member. Alternatively, access to affordable and accessible housing outside a family home, in a setting with adequate supports, remains a challenge for people with I/DD.
- Most caregivers (54%) reported that they did not have a plan for the future. Caregivers share a long list of concerns about what will happen to their loved one with disabilities when they are no longer able to support them. Planning ahead can help guide a person with I/DD to lead a good life as independently as possible. A plan is important throughout all stages of life and especially in the future after the parent or caregiver is no longer able to provide support.
- 50% of individuals with I/DD leave high school without a high school diploma. This is concerning because having a high school diploma is crucial in being considered in a competitive job market.
- Only a minority of individuals with I/DD are fortunate enough to be employed, and on average they work only 26 hours per two-week period. There is lack in diversity of the type of work being done; sixty percent (60%) of those employed work in retail, janitorial, landscaping, or food service jobs.

- More than 3 out of 4 survey respondents described that since becoming a caregiver they are more aware of policy issues and more involved in advocacy, including calling their legislators. Ninety-five percent (95%) say that they vote, much higher than is typical for the voting age population as a whole.

The FINDS Survey results highlight the challenges faced by caregivers in our nation. With respondents reporting an average of 57 hours of support provided to their loved one each week, 95% of caregivers reported being stressed and nearly 50% reporting being very or extremely stressed. This affects the ability of caregivers to meet their own personal needs, balance family responsibilities, and fulfill professional obligations. Almost all survey respondents who were employed reported that caregiving had a negative impact on their work, whether it was cutting back their hours, turning down promotions, taking a leave of absence, or giving up work entirely to meet the needs of their loved one.

Caregivers also reported that they would like their employers to do more to help them be successful in balancing their work and family responsibilities, such as provide medical and dental insurance, flexible spending accounts, flexible scheduling, and supportive and understanding supervisors and co-workers.

"In every aspect of life – from education, to employment, to planning for a stable future – we as a society are failing in our support of caregivers of people with disabilities and falling short of our obligation to improve the quality of life of people with disabilities. This report paints a picture of the day-to-day needs of caregivers, and should ignite action to address the gaps that stop us from achieving full inclusion of people with disabilities in the community throughout their lifetime.

"People with disabilities have an undeniable and moral right to be fully included in all aspects of society. As the largest civil rights organization for people with intellectual and developmental disabilities nationwide, we will continue our advocacy to ensure that supports are in place to promote the human and civil rights of people with disabilities.

"Too often, we in the disability community preach to the choir. This report should raise awareness and help engage new activists to our cause from all walks of life. People with disabilities in our nation have faced decades of discrimination and overcome much adversity, but we still have a long way to go before we have a truly inclusive society. The FINDS Report highlights areas we need to focus on and should serve as a rallying cry to advocates nationwide who recognize people with disabilities and their families deserve better," says Peter V. Berns, CEO of The Arc.

FEARLESSNFIT

Do you want to get fit and have fun while doing so?
Saturday Arc Sports Activities are coming to a park near you!!

Join members for Flag Football and Volleyball!

When: July 7th, 2018 –Flag Football

July 21st, 2018 -

Volleyball

Where: Sunrise Park off of 12th St.

Time: 9-10 am



Weekly Activity

ART FOR ARC

285 N. AMERICAN ROAD

BE CREATIVE

EVERY WEDNESDAY 1:30-3:00PM

July Project
Instructors Choice

July Class Dates:
11th, 18th

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: John Lomax



Your Arc of Laramie County's Member of the Month is John Lomax. John has been a member of The Arc for twelve years. His favorite Arc Events are bowling, picnics, the Christmas party, Dance in the Buff and bingo. When John isn't bowling for the Arc he enjoys bike riding, crocheting, disc golf, camping and hiking with his brother, car shows and bible fellowship.

John has four sisters and three brothers. I live with my sister, her husband and our dog Peanut. If a Genie granted John three wishes he would wish for people to get along, parts for a bike I want to build and for good health. . Please say hello to John the next time you see him at an Arc function. Thank you John 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.

Save the Date

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

September –ARC-Scursion– Date to be announced
September 22nd - OKTOBERFEST

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.

Did You Know?

Did you know The Arc office can help you fill out job applications, prepare a resume, fill out paperwork for assistance such as housing and food stamps, and LIEP? Stop in during regular business hours to use our new setup office area.

Summer Hours

Monday 8-3PM

Tuesday 8-3PM

Wednesday CLOSED

Thursday 8-3PM

Friday By Appointment

EASY TASTY-BITS: PATRIOTIC FRENCH TOAST



Directions:

Prep Time 15 min • Cook Time 20 min

1. Preheat an oven to 250 degrees.
2. Combine the thawed strawberries with their juice and the blueberries in a bowl; set aside. Beat together the softened cream cheese and confectioner's sugar until smooth; set aside. Whisk the milk, eggs, vanilla, and cinnamon in a shallow bowl.
3. Melt butter over medium heat in a large skillet or griddle. Dip bread into egg mixture, coating thoroughly. Cook until well-browned on both sides, about 5 minutes. Place cooked slices on baking sheet and place in oven to keep warm until ready to serve.
4. Spread the cream cheese mixture over each slice of French toast, then top with 2 tablespoons of the fruit. Serve immediately.

Ingredients

- 1 (10 ounce) package frozen strawberries, thawed
- 1 cup fresh blueberries
- 1 (8 ounce) package cream cheese, softened
- 2 cups confectioners' sugar
- 2 cups milk
- 2 eggs, beaten
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 2 tablespoons butter
- 8 thick slices bread

Our Mission has Changed...

But we are still the same Arc you know and love



July 2018

On June 9th, 2018 The Arc of Laramie County Advisory Board met to go over the wording of our Constitution and Bylaws. There were a number of revisions made to clarify the wording and make both documents more current.


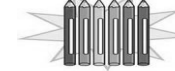






The documents with the proposed changes can be viewed at The Arc office during regular business hours.

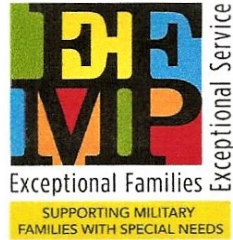
The adoption of the Constitution and Bylaws by members will take place at a short member meeting on July 15th, 2018 at 12:30pm prior to the Bowling Banquet.

Our Mission:

The Arc of Laramie County is committed to expanding opportunities for people with disabilities to be included in their communities. The Arc promotes access to quality support services, assists families, provides training programs, and build a local network of advocates and partnerships.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 	5	6	7
8	9	10	11 Art Class 1:30-3PM 285 N. American Rd Arts & Crafts 	12	13 Social Skills Group Cheyenne Ice and Event Center 5-7pm 	14
15 Arc Bowling Banquet 1-3pm @ 1019 Greeley Hwy 	16	17	18 Art Class 1:30-3PM 285 N. American Rd Arts & Crafts 	19	20 CFD Begins	21 CFD Parade
22	23 CFD Pancake Breakfast 	24 CFD Parade	25 Cheyenne Day CFD Pancake Breakfast/ Airshow 	26 CFD Parade	27 CFD Pancake Breakfast 	28 CFD Parade
29	30	31				



Teen / Adult Social Skills Group



Join your friends & peers for fun around Cheyenne!
Learn and practice social skills.
Make New Friends!

All events cost just \$5.00 per person and covers the cost of your food and activity.

- ♦ **Mini-Golf & Personal Boundary Skills**
Friday July 13, 2018: 5:00p-7:00p
Cheyenne Ice & Events Center 1530 W Lincolnway, Cheyenne, WY 82001.
- ♦ **Picnic & Emotion/Body Language Skills**
Friday August 10, 2018: 5:00p-7:00p
Dell Range & Friendship Circle
Cheyenne, WY 82009
- ♦ **Safety Demonstration & Safety/Self Defense Skills**
Friday September 14, 2018: 5:00p-7:00p
Location: **TBA**
- ♦ **Video Game/Karaoke & Internet/Cell phone skills**
Friday October 12, 2018: 5:00p-7:00p
Location: **TBA**
- ♦ **Dinner at a Restaurant & Relationship Skills**
Friday November 9, 2018: 5:00p-7:00p
Location: **TBA**
- ♦ **Gift Exchange & Planning a Get-together Skills**
Friday December 14, 2018: 5:00p-7:00p
Location: **TBA**

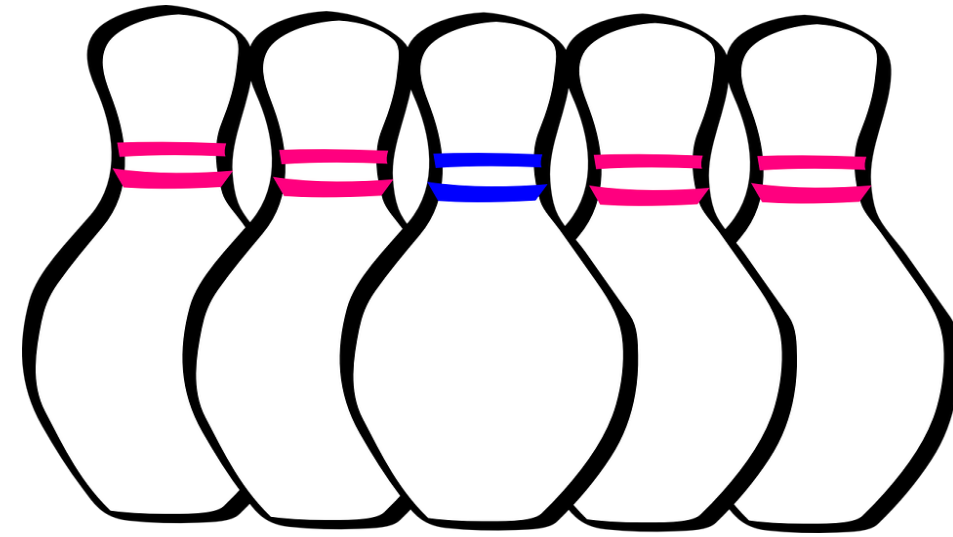


Please have a support person available for anyone who may need extra support with behaviors, mobility, or personal hygiene care.

Teen/Adult Social Skills Events are open to all Intellectual and Developmentally disabled individuals between age 16-30.

RSVP: No later than the Wednesday before each event.

- Brittany Hankinson-McGovern: 307.773.5944
- Charity Moore: 307.632.1209



LET THE GOOD TIMES ROLL

2018 Bowling Banquet Honoring

Arc Bowlers

Sunday, July 15th, 2018

1-3pm @ The Cheyenne Moose Lodge
(1019 Greeley Highway)

Arc members, families and friends are invited to help celebrate another successful bowling season, We will recognize those that participated in 2018.

Light snacks will be provided

2018 BOWLING BANQUET & MEMBER MEETING