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 For more information in becoming a local sponsor, please call 632-1209



Issue
 6
 June
 2018



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ACHIEVE WITH US!

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Future Planning 101

Future Planning is creating a guide for a person with an intellectual or developmental disability (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.

A person-centered future plan should reflect the wishes of the person with I/DD, as well as his or her parents, siblings, extended family members and friends, and other important people in his or her life. The plan should include information about all aspects of a person's life including: Daily routines, needs and supports, Living arrangements, Finances, including the family and person's public benefits, assets, incomes, trusts, insurance policies, Doctors' contact information and information about the person's medical history (including any medications and food allergies), Decision-making support, Education history, Details about the person's employment, leisure activities, religious beliefs, behaviors, interests, friendships, and other important relationships.

To help guide your planning, first ask: "During a life transition, what would the person need so his or her daily routine is maintained?" Next, create a vision for the person's life after the transition. It is important to use a team approach when discussing and creating the plan and always to keep the person with I/DD's interests, preferences, and skills as the main focus.

Who is on the future planning team?

Ask the person with I/DD who he or she would like to invite as part of the team, which can include the person with I/DD, parents, siblings, other family members, friends, legal and financial professionals, and other important people in the person's life. Some of these people may live out-of-state but should be included if they play a large role in the person's life. This team works together to identify and take steps to create the supports the person will need.

Future Planning: It's Possible and Necessary

Future planning is important for all families. Thinking about the future can be challenging and emotional. However, experience shows that adults with I/DD make a better transition from the family home when a future plan is in place.

Some families might feel that planning is not available to them because they don't have any money to leave to an adult son or daughter with I/DD or can't afford a lawyer or estate planner. This is not true. There are many aspects of the planning process that aren't related to money. It is also important that families with limited resources learn about what public benefits may be available and take steps to enroll their family member in available programs.

Monthly Activity



Mark your Calendars for the Annual Arc of Laramie County's

Family Picnic Featuring The Ability Experience Riders

SATURDAY, June 30th, 2018
5 PM-8 PM
 At Holliday Park Picnic Shelter
 (By The Big Boy)

Sandwiches will be provided, Please bring one of the following based on your last name:



A-E: Veggies
F-J: Salad/Pasta Salad
K-O: Chips
P-T: Fruit Dish
U-Z: Dessert



NEW!!!! SOCIAL SKILLS CLASS

The ARC has teamed up with the EFMP at F.E. Warren AFB to bring you a social skills class!! We will cover a new topic each month. Our first class will be held on:

July 13th, 2018
5-7PM

Location: Cheyenne Ice and Event Center. Cost to attend the class is \$5.00 to cover Putt Putt and dinner. Our first topic will be establishing boundaries with people around us. For more information contact 307-632-1209

Weekly Activity

ART FOR ARC

285 N. AMERICAN ROAD

BE CREATIVE

EVERY WEDNESDAY 1:30-3:00PM

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.



June Project :
 Instructors Choice

June Class Dates:
 6th, 13th, 20th, 27th



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

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.

"This world is but a canvas to our imagination"

Arc Member of the Month: Richard Ray



Your Arc of Laramie County's Member of the Month is Richard Ray. Richard has been a member of The Arc for eight years. His favorite Arc Events are the dances and The Christmas Party. Richard was born in Madrid Spain. He enjoys spending time with his dad, step-mom, and friends. He enjoys going fishing, going on out of town trips to places like Boondocks in Denver and Fort Fun. He also enjoys spending time with his girlfriend. Richard graduated on May 12th, 2018 from the LCCC Auto Body Program. Congratulations Richard on this accomplishment! If a Genie granted him three wishes he would want to win a lottery jackpot, take a great trip to Scotland to see his families castle and move to Scotland forever with his girlfriend. Please say hello to Richard the next time you see him at an Arc function. Thank you Richard 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: EASY PASTA SALAD



Ingredients

- 2 cups whole wheat rotini pasta, uncooked
- 2 cups small fresh broccoli florets
- 1 cup halved cherry tomatoes
- 1/3 cup KRAFT Lite House Italian Dressing
- 1/4 cup KRAFT Reduced Fat Parmesan Style Grated Topping
- 1/4 cup sliced black olives

Directions:

Prep Time 20 min • Cook Time 3 hrs. 20 min

1. Cook pasta in large saucepan as directed on package, omitting salt and adding broccoli to the boiling water for the last 2 min.; drain. Place in medium bowl.
2. Add remaining ingredients; mix lightly.
3. Refrigerate several hours or until chilled.

Save the Date

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

June 28th & 29th, 2018—Wyoming Developmental Disabilities Conference, Casper Wyoming.

July— Bowling Banquet

August— Fall Formal

September 22nd - OKTOBERFEST

Special Olympics

Softball Practice begins June 4th from 6:30-8:00PM at pride park.

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 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

Starting June 4th our summer hours will be as follows:
 Monday 8-3PM
 Tuesday 8-3PM
 Wednesday CLOSED
 Thursday 8-3PM
 Friday By Appointment

2018 ARC BOWLING SCHEDULE

Last Bowling of the Season

JUNE 2nd, 2018



June 2018

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

Bowling Leader Board

Thank you Arc Bowlers for a fun 2018 season !!!

Men's High Average:
Thomas Cumbie— 140
 Women's High Average
Kara Piscatella—105
 Men's Most Pins
John Lomax—2758
 Women's Most Pins
April Johnson—1820



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Bowling Check-in 12:15 @ Two Bar Bowl
3	4	5	6 Art Class 1:30-3PM 285 N. American Rd Arts & Crafts 	7	8	9
10	11	12	13 Art Class 1:30-3PM 285 N. American Rd Arts & Crafts 	14	15	16
17 	18	19	20 Office Closed Art Class 1:30-3PM 285 N. American Rd Arts & Crafts 	21 Office Closed	22 Office Closed	23
24	25	26	27 Art Class 1:30-3PM 285 N. American Rd Arts & Crafts 	28 Wyoming Developmental Disabilities Conference OFFICE CLOSED	29 Wyoming Developmental Disabilities Conference OFFICE CLOSED	30 Arc Family Picnic 5-8PM Holiday Park

BOCCCE



BOCCCE BALL TOURNAMENT

June 16th - 11:00 AM

\$250 Cash Prize to the Winning Team!



13TH ANNUAL BOCCCE BALL BASH!!

FRONTIER PARK INDIAN VILLAGE

Come & Play....

Silent Auction

....Come & Eat

**Proceeds to
Arc of Laramie County**

Raffles

**Presented By:
SONS OF ITALY**

Register online at
www.soiacheyenne.org

Mia Maria Chapter of Wyoming

Registration ends June 15th
@ 6:00 PM

Visit our website at www.soiacheyenne.org

Sons of Italy Cheyenne

DUNK A COP

CHEYENNE HISPANIC FESTIVAL

June 2nd

11 am to 5 pm

Depot Plaza

Join us to raise funds for Special Olympics Wyoming. Money raised through the Law Enforcement Torch Run helps provide resources to local athletes to compete in Special Olympics Games



FUNDRAISING EVENT!



TIP-A-COP

Support your local Law Enforcement and Special Olympics Wyoming

Join us;

Friday, Saturday & Sunday

June 8-10, 2018

1931 Bluegrass Circle



(307) 638-1234

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