



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», «City». «Zip»

- \* Foundation for the Arcs of Wyoming \* RPO Associates, CPAs, LLC \*
- \* Ross, Ross & Santini \* Toni Rogers \* Beth Schiek \* Marcia Vanlandingham \*
- \* Flyte Sanitation, Inc., \* Case Management For Positive Solutions\* Pinnacle Bank\*
- Spradley Barr Cheyenne\* Security First Bank \* Haller's Repair \* Wyoming Property Solutions LLC \*
  - \* Taco John's Franchise Support Center \*

**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



**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

# The Arc Advocate

## ACHIEVE WITH US!

## This Issue

Back to School Tips  
Calendar of Events  
Happenings  
Mark You Calendar

P.1  
P.2  
P3&4  
P.6



### ***Back to School Tips for Families of Students with Disabilities***

Posted on [August 8, 2018](#) by [The Arc](#)

The start of a new school year can bring both excitement and anxiety for students and parents, especially for families of students receiving special education supports. Students with disabilities who struggle with change may need extra help making the transition to a new school or teacher.

To help families start the new school year off right, The Arc@School offers the following tips:

Prepare your children before school starts by discussing any anxiety your child may have, setting clear expectations, and slowly transitioning back to your child's school routine and schedule.

Review your child's IEP prior to the start of the school year to ensure that the goals, support services, and placement are still appropriate. Make sure to consider any progress or regression your child may have experienced over the summer or since the last IEP.

Meet with your child's teachers and related services providers before school starts to review the IEP together and ensure everyone is on the same page regarding implementation of the IEP. This is also a great opportunity to establish a communication plan with the teachers and related service providers!

Once school begins, allow your child some time to get used to the new classes, teachers, and schedule, and your child's teachers some time to get used to your child's unique strengths and needs, but do not wait too long to address any issues that might arise! Having open and respectful communication and dealing with challenges early can help avoid much bigger problems later.

If you have any concerns about your child's services or supports, you can visit The Arc@School or visit your local Arc Chapter to learn more about your rights and where you can find help.

### ***Navigating School – The Arc@School Launches Website to Help Students with Disabilities and Their Parents***

*The secret in education lies in respecting the student.” – Ralph Waldo Emerson*

Opportunities for students with intellectual and developmental disabilities (I/DD) have come a long way since children were warehoused in institutions with no future or a real education. One giant leap forward was the enactment of the Individuals with Disabilities Education Act (IDEA) in 1975, which for the first time required schools to educate all students with disabilities—including students with I/DD.

The IDEA lays out a process that schools must follow to identify which children with disabilities require additional services to learn, and which supports and services a child needs. That process often leads to the development and implementation of an individualized education program (IEP). The IEP is the roadmap for that child to succeed. The IDEA has led to a generation of people with I/DD whose education opened doors to employment and meaningful lives in the community. However, far too many families and students do not experience an IEP process where their role and their rights are clear and respected. Instead, they feel left out of the process, which is often overwhelming and confusing.

So in 2016, The Arc launched a new initiative, The Arc@School, to build the capacity of The Arc's nationwide network of chapters to support students with I/DD and their families in developing and implementing IEPs that will help students with I/DD graduate from high school and pursue post-secondary education and employment.

Many students and their families seek advocates to help them understand the IEP process and their rights, and many chapters of The Arc provide lay special education advocacy services for students with I/DD and their families. The Arc@School's newly-launched website aims to be an online resource for students with disabilities, their parents, and advocates that includes information, best practices, and a resource directory, where you can find links and contact information for chapters of The Arc, protection and advocacy programs, parent centers, and state education agencies in your state.

A successful IEP is the foundation for a future in the community, leading a life of one's own choosing. If we are to improve outcomes for students with I/DD, we must follow Emerson's guidance and focus on an IEP approach that respects the student's goals to achieve his or her dreams.

## ARC HAPPENINGS

# ART FOR ARC

285 N. AMERICAN ROAD

BE CREATIVE

EVERY WEDNESDAY 1:00-3:00PM

Project of the Month  
Instructors Choice

September Class Dates:  
5th, 12th, 19th, 26th

**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.*

Cancellations will be posted on Facebook\*

“This world is but a canvas to our imagination”



# # 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: September 15th – Flag Football**

**September 29th, 2018 -Volleyball**

**Where: Sun Valley Park off of 12th St.**

**Time: 9-10am**



## Mark Your Calendars

### Reminders

### 18th Annual Buddy Walk in Laramie

Join the Wyoming Down Syndrome Association as we unite for a common cause and raise funds at the 2018 Wyoming Buddy Walk®! Whether you have Down syndrome, know someone who does, or just want to show your support, take the first step and donate or register today! Help us spread the word; all are welcome for our day of celebration! Anyone who registers for the Wyoming Buddy Walk® will have the opportunity to purchase a football ticket for the discounted price of \$15 a ticket!

To register, go to <https://give.classy.org/WyoBuddyWalk>

### Cheyenne Fall Fest

CRAFT FAIR! Fall Fest is an outdoor event where families and friends can attend a craft fair of local vendors and enjoy the beauty of autumn. It will be held on Saturday, September 8th from 10am - 5pm at 1461 Obsidian Road, Cheyenne, WY.

### Celebration of Life

A celebration of Life for Pat Butera will take place on October 13th, 2018. The celebration will take place at Pat's home at 1265 Road 141. Hillsdale. WY. Time: To be determined.

### Thankful Thursday

Special Olympics of Cheyenne will be hosting Thankful Thursday on Sept. 6th, 2018. The event begins at 5pm. No one under the age of 21 permitted. The fun will take place at AMVets Post 10.

### Save the Date

October: Bowling Sign up  
Halloween Party  
DATES: To be Determined

November: Arc Talent Show  
Date and time: To be Determined

\* 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.

### Fall Hours

Monday 9-3PM

Tuesday 9-3PM

Wednesday 9-12pm

(Closed Sept. 5th, 26th)

Thursday 9-3PM

Friday By Appointment

## EASY TASTY-BITS: CABBAGE BURGERS



### Ingredients

- \* 3 (1 pound) loaves frozen bread dough, thawed
- \* 5 pounds ground beef
- \* 1/4 cup water
- \* 1 large head cabbage, chopped
- \* 1 large onion, chopped
- \* 2 cloves garlic, chopped
- \* salt and freshly ground black pepper to taste
- \* 2 tablespoons butter, melted

### Directions:

Prep Time 20 min • Ready In 21 min

1. Preheat the oven to 375 degrees F (190 degrees C). Divide each loaf of frozen bread dough into 6 pieces, and roll into balls. Set aside.
2. Crumble the ground beef into a large pot over medium heat. Cook and stir until evenly browned. Drain off grease. Add the water, cabbage, onion, and garlic. Cook over medium-low heat, stirring as needed, until the cabbage is soft. Season with salt and pepper to taste. I like to use more pepper than salt. Drain off any excess liquids, and set aside.
3. On a lightly floured surface, roll the dough balls into 5 inch (approximate) squares. Place about 3/4 cup of the cabbage burger into the center, fold the dough over, and pinch to seal. Place on a baking sheet with the seam side down.
4. Bake for 15 to 18 minutes in the preheated oven, or until golden brown. Remove from the oven, and brush with melted butter. Serve hot



## 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.

- ♦ **Safety Demonstration & Safety/Self Defense Skills**

Friday September 14, 2018: 5:00p-7:00p  
Location: Cheyenne police Department  
415 W. 18th St.  
Cheyenne, WY. 82001

- ♦ **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

- ♦ **New Year New You & Health Living Skills**

Friday January 11, 2019: 5:00p-7:00p



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










Teen Social Skills Events are open to all Intellectual & Developmentally disabled individuals between age 16-30

**RSVP:** No later than the Wednesday before each event.

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



# September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 	4	5 Art Class 1:30-3PM 285 N. American Rd 	6	7 Social Skills Group Friendship Park 5-7pm	8
9	10	11	12 Art Class 1:30-3PM 285 N. American Rd 	13	14 Social Skills Group Cheyenne Police Dept 5-7pm 	15 Flag Football Sun Valley Park 9-10am 
16	17	18	19 Art Class 1:30-3PM 285 N. American Rd ARC BOARD MEETING 	20	21	22 
23	24	25	26 Art Class 1:30-3PM 285 N. American Rd 	27	28	29 Volleyball Sun Valley Park 9-10am 
30						



  
The Arc  
Laramie County

# Oktoberfest

SATURDAY, SEPT. 22, 2018  
12PM-7PM

ARCHER COMPLEX  
@ THE LARAMIE COUNTY FAIRGROUNDS

*Food, contests, cornhole tournament,  
vendors, games for adults & children!*

2ND ANNUAL BREW-OFF,  
FEATURING:

 ACCOMPLISH  
BEER COMPANY  
CHEYENNE, WYOMING


 DANIELMARK'S  
BREWING  
COMPANY INC.

 FREEDOM'S EDGE  
BREWING CO.

DANCE TO MUSIC BY:  
JIM EHRLICH AND THE  
POLKA MATES, 1-4PM  
& SOUTHERN FRYED 4-7PM

FOR MORE INFO OR TO BECOME  
A SPONSOR OR VENDOR,  
CALL 632-1209

#tosslikeabossatoktoberfest



## The Arc of Laramie County proudly presents “Toss Like a Boss at Oktoberfest”

**When:** **Saturday, September 22nd, 2018**  
**Registration opens at 12pm**  
**Games Begin at 12:30pm**


**Where:** **Archer Complex Laramie County Fairgrounds  
(3967 Archer PKWY)**

**Cost:** **\$20 per team (\$10 player) or \$30.00 a team which  
includes 2 food tickets**

- \* **First, Second and Third place prizes!!**
- \* **Live Music by Jim Ehrlich and The Polka Mates and Southern Fryed**
- \* **Vendors, Beer and Fun!**

All funds raised go directly to The Arc of Laramie County to assist individuals with intellectual and developmental disabilities!

For information on  
Sponsorship opportunities or to register a team,  
Contact us at 307-632-1209  
Submit Team Registration to:  
arcoflc@gmail.com

  
The Arc  
Laramie County