

Achieve with us.



Dear Friends,

On behalf of the individuals with developmental disabilities whom we serve and their families, I would like to ask you to please consider making your year-end tax-deductible contribution to The Arc of Northwest Wayne County (TheArcNW.org).

Our Generous Supporters:

As many of you know, Ernest Darin, a long-time friend of the Zago family, and of The Arc NW, made a unique legacy gift in 2015. In his will, he left a portion of his financial estate to John and Carol Zago of Livonia, with the understanding that a significant percentage would go to support the work of The Arc. His generosity was inspired largely by The Arc's service to Christian Zago, John, and Carol's son, who had a developmental disability, and who died almost 13 years ago. Ernest Darin's motivation was specifically founded on his affection and respect for The Arc. "Uncle Ernie always felt The Arc was such a good thing," Carol said, "and that its people were very caring." The Zagos' agree with that assessment.

Its many friends and supporters, as well as the individuals and families it serves, know The Arc as a leader in developing and implementing programs and services for children and adults with intellectual and developmental disabilities. For more than 50 years the organization has been known by more than one name, but its purpose and commitment have remained the same – to make a positive and lasting impact on the lives of individuals and families with special needs.

Our Challenges:

Through the years, The Arc has been fortunate to have a strong and dedicated community of people who believe in its ability to change lives for the better. The emotional and financial support of The Arc's many friends and advocates have been critical to the organization's ability to achieve its goals with compassion and excellence.

Your gifts will be used to help build and maintain a secure and stable endowment for The Arc. Over time an endowment grows through private gifts and prudent investment management, helping to ensure an organization's continuing long-term ability to fund its programs and services. The generosity and good will shown by "Uncle Ernie" Darin and John and Carol Zago came at a critical time. Those financial challenges continued in 2016 and are likely to be present in 2017. Financial contributions by The Arc's friends and other supporters are critical as our organization strives to maintain a high level of services to the individuals and families who need them.

How you can contribute:

On behalf of everyone at The Arc I would like to express my sincere gratitude to all of you for your support of our organization. As The Arc strives to meet its fiscal challenges, individual investment in our future becomes increasingly essential to ensure that we can continue to help children and adults with intellectual and developmental disabilities achieve better life outcomes through advocacy, support, and information. For your convenience, I have enclosed a self-addressed envelope, or donations can be processed through our website: TheArcNW.org.

I wish you all a wonderful holiday season!

Jean Walsh, President

2016-2017 Board of Directors

Jean Walsh
President

Janice Radon
Vice President

Bill Winkler
Secretary

Marianne Licari
Treasurer

Susan Gardynik
Rebecca Wenglinski
Ray Schuhholz
Steve Erickson
Kristine Copeland
Kathy Pfuhler



26049 Five Mile Road
Redford, MI 48239

Phone: 313-532-7915 Fax: 313-532-7488

www.thearcnw.org

Up Coming Board Meetings

December 13, 2016

February 14, 2017

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VICE PRESIDENT Janice Radon

SECRETARY Bill Winkler

TREASURER Marianne Licari

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Kristine Copeland Kathy Pfuhler

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Susan Gardynik Rebecca Wenglinski

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Executive Director: Christine Lerchen

Office Manager: Shonda Jones

Advocacy & Community

Resource Director: Michelle Driscoll

Advocate: Chesley Giertz

Program & Services: Sandy Dobson

Lekotek Play Leader: Lana Richardson

Lekotek Librarian: Holly Balaka

Achieve with us.



From the Director

Keeping you informed about **IMPORTANT CHANGES**

Getting you the information you need to acquire the highest quality of care is The Arc NW's number one priority.

You need to be aware of important changes coming that will significantly affect the services people receive in group homes, day programs, and workshops.

In 2014, the Federal Center for Medicaid Services submitted a set of new rules for services provided through the **Home and Community Based Services (HCBS)** waiver programs. Most people are currently receiving these services. By 2019, services to individuals in group homes, day programs, workshops, etc. must comply with the new federal rules in order to receive federal dollars (60% of the cost of Medicaid services).

NOTE : Goals & Summary of HCBS Final Rule →

Why are the New Rules Important?

The rules will:

- Make sure people have the benefits of community living.
- Make sure people have the same access to the community as individuals who do not have disabilities.
- Protect rights.
- Give people the opportunity to pick services and get services where and when they want them.

How can you prepare for the new rules?

- Start thinking about how you want your services to best support you in the community!
- Schedule your person centered plan (PCP) meeting. List the services needed in your place that will help you be part of the community.
- You are the **expert** when it comes to your life! Your involvement is important.

The Developmental Disabilities Institute at Wayne State University has information and a nice guide to help you think about the community life you want to prepare for before 2019.

<http://ddi.wayne.edu/hcbs.php#hcbsinfo>

Don't wait! Go to this web site and get started on planning for the life you want. The Arc NW will do its best to get you the information you need to make the new rules work for you.

I wish you all a wonderful holiday season!

Chris

HOME AND COMMUNITY BASED SERVICES 2019

The goal of the HCBS Final Rule is to ensure access to the greater community.

This includes the opportunity to seek employment, engage in community life, control personal resources, and receive services from providers outside the home in the same way individuals not enrolled in a Medicaid HCBS program. The HCBS rule ensures individuals rights to privacy, respect, and freedom from restraint; prevents individuals from being forced to do things he/she does not want to do; does not limit or regiment an individual's independence in making life choices about daily activities, physical environment, and with whom to interact; and allows the individual to choose services and supports and who provides them.

Summary of the HCBS Final Rule additional requirements for Home and Community Based settings:

- Residential or program settings must be community-based.
- Residential settings must have a legal lease, residency agreement, or written agreement that is covered under landlord tenant law and includes eviction and appeal processes.
- Bedroom and bathroom doors must be lockable by the individual with only appropriate staff having keys to doors.
- Individuals must be offered choice of roommate(s) if a private room is unavailable and a roommate is required.
- Individuals must have the opportunity to furnish and decorate their room as they choose as the lease or agreement allows.
- Individuals must be allowed to have access to food at any time, and control their own schedules.
- Individuals must be allowed to have visitors of their choosing at any time, unless this interferes with preferences of other roommates.
- If an individual has assessed needs that differ from the requirements in the rule, these needs must be documented in the individual's plan of care.

HCBS Final Rule information is available at:
michigan.gov/mdhhs



7 Sensory Games Dads Can Play With Their Children

BY CHYNNA TANARA LAIRD

Sensory Processing Disorder (SPD) my daughter, Jaimie, and my son, Xander both live with this disorder. They each have specific needs in terms of the sort of sensory input their bodies crave but both of them need a tremendous amount of vestibular and proprioceptive input. I'm not strong enough to play the rough-and-tumble games to give them the high vestibular and proprioception input they each need, so we invented a few games they can play with their siblings and their daddy, Steve. The key is to give your child the sensory input he needs in the most comfortable environment possible. Here are a few of our games:

Daddy Crusher: In this game, Dad takes on a bit of a WWF persona (Steve chose some guy called The Claw). Put your best wrestler voice on, making sure that your tone is okay with your child. The loudness was too much for Jaimie at first, and still is on some of her 'sensitive ear' days. You could say something like, "Nobody can beat the Daddy Crusher. Grrr!" then run over to your child and 'wrestle' with her. Get her to push, pull, drag and hang on you. You could even (gently) squash her –WWF 'pin-down' style. The only other warning I have about this game, aside from the loudness aspect, is if you notice your child is getting too 'up', it's time to stop and play something more calming.

Continued on pg 4

7 Sensory Games
Continued from pg 3

Chair Tug-of-War: Get yourself a heavy rope or skipping rope. Position two chairs facing each other then have each of you take an end of the rope. The goal is to try pulling the other person off of his chair. A warning for this game is to be sure your child has a good grip on the rope. If he has a weaker hand-grip, have him wrap the end around his hand. Be sure to do a few practice tugs so he'll understand to grip harder when the rope is being tugged.

Giddy-up Daddy: If you have a strong back, dad, this is a fun game. Get down on your hands and knees and pretend to be a horse. Then take your 'sensational' kid for a ride around the house. Once he feels safe, you can always do a more 'Bucking Buckeroo' type of game. Again, be sure that your child has a strong enough grip to hold on, especially with bucking. If need be, put a belt or rope around your torso for him to hold onto and always do a few practice runs.

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313-532-8524

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Kids + Toys = FUN!

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All Kids Play!

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Reliable Resources

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Help is Here! We help parents.

The Arc NW Wayne County

**Play
Fun
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A YEAR OF FUN & TOYS

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A play library for kids
(0-12) with disabilities.
It's all about FUN!
Join and Play!

**Lekotek Play Library
Annual Membership
GIFT CARD**



Gift of Play, Fun, & Toys

Only \$50
INCLUDES ArcNW Membership

**Happy
Holidays!**

Lekotek Membership
SCHEDULE MONTHLY PLAY SESSIONS
313-532-8524

Enjoy this gift of play! Lekotek members enjoy 12 monthly play sessions and toy loans!

FROM:

Parent(s) Name(s)

TO: Child's Name

Child's Age

Address

City, Zip

Telephone

Express Your Opinion: 2016-2017 Community Needs Assessment Survey: A project of Project Excellence at Michigan State University and Michigan Rehabilitation Services



Are you an individual with a disability or a friend or family member of someone with a disability? Do you want to share your opinions about the needs and services for individuals with disabilities in your community? If you answered YES, then you qualify to take an important survey about the service needs for people with disabilities in our Michigan communities. Your opinion is very important to us!

To take the survey **ON-LINE**, go to: www.michigan.gov/mrs
To take the survey by **PHONE** please call: Su Pi @ (517) 432-0273



Information sessions are held monthly during the school year at the
**Western Wayne Skill Center, 8075 Ritz Road,
Westland, MI 48185**

All sessions are Thursday evenings
from 6:30pm - 8:30pm.

**The Arc of Northwest Wayne County/
The Arc of Western Wayne County**

After I'm Gone Program



December 1, 2016

"Transition Planning"

December 15, 2016

"Opportunities for Life After School"

January 12, 2017

"Financial Planning and Advanced Funeral Planning"

January 26, 2017

"Developmental Disabilities and Dementia"

Save the Date

The Arc
Northwest Wayne County

Dinner Dance

February 25, 2017

Laurel Manor

Livonia

Nightline

Live Music

Dinner - Open Bar - Desserts - Dancing

313-532-7915

Watch for your Dinner Dance invitation in January!

amazon smile

You shop. Amazon gives.

Support The Arc NW and find all your holiday essentials including gifts, decorations, and more. Start with a Smile at smile.amazon.com

- AmazonSmile is the same Amazon you know. Same products, same prices, same service.
- Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice.

Designate:

Arc of Northwest Wayne County

Autism Drug Trial Underway

by Austin Ramsey, Messenger-Inquirer/TNS
November 8, 2016

disabilityscoop

NEWBURGH, Ind. — Researchers are hopeful that a new clinical drug trial based on research linking diet and brain development could yield a treatment that addresses core symptoms of autism.

Dr. Michelle Galen of Deaconess Clinic is one of more than two dozen doctors nationwide participating in the Phase III U.S. Food and Drug Administration fast-track trial. Curemark, a biotech company based in New York, has developed a potential treatment for autism based on its founder's discovery that many children on the spectrum are deficient in an important enzyme used to digest protein into its building blocks.

Galen explained that many children with autism exhibit impaired protein digestion and, as a result, may self-restrict their diets. The inability to digest protein affects the availability of essential amino acids in the body. Those chemicals play a critical role in the expression of several genes important to neurological function and serve as precursors to key neurotransmitters important for brain development.

Curemark's trial drug, CM-AT, is a proprietary enzyme in powder form. It's sprinkled on food and formulated to activate in the small intestine, where it may enhance protein digestion, thus increasing the availability of amino acids.

"This investigation takes advantage of the relationship between your brain and your gut," Galen said. "There aren't any drugs that treat the core symptoms of autism, except antipsychotic medications. This treatment may get at what causes autism."

The U.S. Centers for Disease Control and Prevention estimates that 1 in 68 children in the country have autism spectrum disorder, an umbrella term for a group of developmental disorders that can involve varying degrees of language and social impairments, and repetitive behaviors.

The CM-AT trial, Galen said, is a 14-week open-label extension study for children ages 3 to 8. Kids must first participate in an initial screening to ensure that they fall within the spectrum and so that doctors can note their outward symptoms. Galen said she invites parents to bring their children in for screening, even if they have not yet received an autism diagnosis. There are no restrictions about where on the spectrum a child must fall. High-functioning children with autism are participating, Galen added.

The National Institutes of Health estimates that almost 180 children are currently in the drug trial nationwide. So far, Galen said about five children are participating in the trial in Newburgh. Galen said the drug is sprinkled over a child's food so that it has a minimal impact on the child's schedule. Interrupting the daily routine of a child with autism can be harmful to their health and cause emotional or psychological duress, she said.

Researchers, Galen said, are actually looking for symptomatic improvements with this trial, a development that she called "groundbreaking" in the field of autism research and treatment.

"We are looking for changes in behavior," she said.

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Feds Seek Input On Expanding Community-Based Services

by Shaun Heasley | November 14, 2016

disabilityscoop

Medicaid officials are looking for ways to increase access to home and community-based services for people with disabilities and they're asking the public to weigh in with ideas.

In a notice published in the Federal Register this month, the Centers for Medicare & Medicaid Services, known as CMS, said it is seeking suggestions about reforms and policy changes that the agency could pursue in order to grow availability of community-based services.

Already, the majority of Medicaid spending on long-term services and supports goes toward community offerings. But the notice said there are challenges to expanding community-based services including state budgets, provider availability and reliance on managed care.

"(Home and community-based services) spending for individuals with intellectual and/or developmental disabilities represented approximately three-quarters of Medicaid (long-term services and supports) spending in 2014" though lower percentages were seen for those with physical disabilities, older people and individuals with mental illness, Medicaid officials said.

"There is still work to be done by all levels of government and stakeholders to ensure that all Medicaid beneficiaries who wish to remain in their homes and communities have the services, workforce and supports to enable them to do so," the notice indicated.

CMS said it wants feedback from stakeholders on ways to further promote access to community options while continuing to ensure choice for those who prefer institutional care. Suggestions could touch on everything from the way benefits are designed to how they are paid for.

Medicaid officials said they want to know what more can be done to provide services that promote the health and safety of beneficiaries with minimal fraud, waste and abuse. In addition, the agency is seeking feedback on ways to strengthen the home care workforce to ensure that providers are available for a growing number of individuals needing support.

CMS is accepting public comments through Jan. 9.

You may submit comments electronically or by regular mail (please choose only one of the ways listed):

1. *Electronically.* You may submit electronic comments on this regulation to <http://www.regulations.gov>. Follow the "Submit a comment" instructions.

2. *By regular mail.* You may mail written comments to the following address ONLY: Centers for Medicare & Medicaid Services, Department of Health and Human Services, Attention: CMS-2404-NC, P.O. Box 8013, Baltimore, MD 21244-8013.

Please allow sufficient time for mailed comments to be received before the close of the comment period.

The Arc NW website has been rebuilt and will offer more timely up-dates and information

VISIT

thearcnw.org



JUST FUN CLUB NEWS

What great fun we all had at our recent Country Western dance held on Friday, November 18. The Trademark Band played so many of our favorite songs. Kerchiefs, hats, badges, stuffed animals, and necklaces were passed out to add to the Country Western theme. Our raffle ticket winners for the evening were: Cheryl Daniels, Corey Porter, Sherri Holly, Steve Amy, Annie Krol and Shauna Hall.

Important JFC events to mark your calendar:

Christmas Dinner Dance, Saturday, December 10, 5:00-9:30, Hellenic Center, Westland (you MUST pre-pay \$15.00 at The Arc by Nov. 30) We will have a free photo booth for picture taking with family and friends. You will take your photos home that night. Santa will also be visiting us during the evening!

Hawaiian Luau Pizza Dance, Friday, January 20, 6:30-9:30, Thurston High School (you MUST pre-pay \$5.00 at Arc by Jan. 11)

Valentine Dance, Friday, February 10, 7:00-9:30, Thurston High School

St. Patrick's Day Dance, Friday, March 17, 7:00-9:30, Thurston High School

Chicken Dinner Dance, Friday, April 28, 6:30-9:30, Thurston High School (you MUST pre-pay \$5.00 at the Arc by Apr. 19)

Ice Cream Social Dance, Friday, May 12, 6:30-9:30, Canton High School (you MUST pre-pay \$5.00 at the Arc by May 3)

Happy Holidays!
Jackie Norris

Fiscal Year 2016 - 17 Direct Care Worker Wage Increase



UPDATE

Effective October 1, 2016, Detroit Wayne Mental Health Authority (DWMHA), in cooperation with its MCPNs and provider networks, has initiated another \$1.00 per hour wage increase for direct care workers (DCWs).

This wage increase brings the new minimum wage for a DCW working in Wayne County up to **\$10.15 per hour, retro-active to October 1, 2016**. This is an increase from the previous minimum wage of \$9.15 per hour for DCWs working in Wayne County, which was effective January 1, 2016 through September 30, 2016. Just like the previous DCW wage increase, the MCPNs and providers will receive additional funding to cover the costs of taxes, overtime, training and other expenses directly related to the new wage increase for DCWs. This will allow DCWs to receive the full \$1.00 per hour increase, retro-active to October 1, 2016.

To ask any questions or share your concerns on how the DCW wage increase was rolled out, or to share your concerns with DWMHA: <https://www.surveymonkey.com/r/GDZDGH3>

Memorials

In Memory of Dorothy Buckley

Joanna & Ralph Roncone
Maria Vettrano

In Memory of Ken Marshall

Sharon Hermann
Ella & Loretta Kitchen

In Memory of Jennifer Stefaniak

Ellen Henry Stefaniak

In Memory of Maybelle Munn

Elizabeth Hall

In Memory of Danny Quinn

Ella & Loretta Kitchen

Donations

Tonya Melton & Ronald Shemet
Eileen Murphy
Fran Ficara
Don & Patricia Clark
Ann & Kenneth Ferrari
Peggy & Michael Jernigan

Membership Renewals

December 2016

Jeff & Marci Kilander
Roxanne A. Young

January 2017

David & Laura Becks
Lawrence & Linda Boulton
William Bros
Daniel & Barbara Collins
Samuel A. Delorey
Dennis & Chris DiPonio
Derek & Janet Espley
Thomas & Pam Hammerschmidt
Edward Hibner
Thomas McAuliffe
William & Mary McKee
Catherine & Dorothy McLean
Mary Clare Steiner
Vicki Thomas



December 2016

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3 Bowling 9:30am Oak Lanes <hr/> Guys & Dolls Bowling 1:30pm 
4	5	6  Basketball <div style="border: 1px solid black; padding: 2px; display: inline-block;"> Wild Cats 6-7pm Hayes Elementary </div> <div style="border: 1px solid red; padding: 2px; display: inline-block; margin-left: 10px;"> Hotshots 6-7pm Lightning 7-8pm Skill Center </div>	7  <div style="border: 1px solid blue; padding: 2px; display: inline-block;"> Basketball Pistons 7-8pm Skill Center </div>	8 After I'm Gone 6:30pm Skill Center	9	10 <div style="border: 1px solid purple; padding: 2px; display: inline-block; background-color: #f0e6ff;"> No Afternoon Bowling </div> JFC Xmas Dinner Dance 5:00-9:30, Hellenic Center, Westland See pg 8 
11	12  <div style="border: 1px solid green; padding: 2px; display: inline-block;"> Basketball Wolverines 7-8pm Skill Center </div>	13  Basketball <div style="border: 1px solid black; padding: 2px; display: inline-block;"> Wild Cats 6-7pm Hayes Elementary </div> <div style="border: 1px solid red; padding: 2px; display: inline-block; margin-left: 10px;"> Hotshots 6-7pm Lightning 7-8pm Skill Center </div> <div style="border: 1px solid purple; padding: 2px; display: inline-block; margin-top: 5px; background-color: #d8bfd8;"> Board Meeting 6:00pm </div>	14  <div style="border: 1px solid blue; padding: 2px; display: inline-block;"> Basketball Pistons 7-8pm Skill Center </div>	15 After I'm Gone 6:30pm Skill Center	16	17 Bowling 9:30am Oak Lanes <hr/> Guys & Dolls Bowling 1:30pm 
18	19  <div style="border: 1px solid green; padding: 2px; display: inline-block;"> Basketball Wolverines 7-8pm Skill Center </div>	20  Basketball <div style="border: 1px solid black; padding: 2px; display: inline-block;"> Wild Cats 6-7pm Hayes Elementary </div> <div style="border: 1px solid red; padding: 2px; display: inline-block; margin-left: 10px;"> Hotshots 6-7pm Lightning 7-8pm Skill Center </div>	21  <div style="border: 1px solid blue; padding: 2px; display: inline-block;"> Basketball Pistons 7-8pm Skill Center </div>	22	23	24 <div style="border: 1px solid purple; padding: 2px; display: inline-block; background-color: #f0e6ff;"> No Afternoon Bowling </div> 
25  <div style="border: 1px solid black; padding: 2px; display: inline-block; background-color: #fff9c4;"> Christmas Day </div>	26	27	28	29	30	31 Bowling 9:30am Oak Lanes <hr/> Guys & Dolls Bowling 1:30pm 

CHECK IT OUT!

The Arc of Northwest Wayne County's
Web Site

www.thearcnw.org



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January 2017

SUN	MON	TUES	WED	THURS	FRI	SAT
1  New Year's Day	2 The Arc NW CLOSED OPENS 1/3/17	3	4	5	6	7  Guys & Dolls Bowling 1:30pm
8	9  Basketball Wolverines 7-8pm Skill Center	10  Basketball Wild Cats 6-7pm Hayes Elementary Hotshots 6-7pm Lightning 7-8pm Skill Center	11  Basketball Pistons 7-8pm Skill Center	12 After I'm Gone 6:30pm Skill Center	13	14 Bowling 9:30am Oak Lanes  Guys & Dolls Bowling 1:30pm
15	16 MLK, Jr. Day Federal Holiday	17  Basketball Wild Cats 6-7pm Hayes Elementary Hotshots 6-7pm Lightning 7-8pm Skill Center	18  Basketball Pistons 7-8pm Skill Center	19 After I'm Gone 6:30pm Skill Center	20	21 Guys & Dolls Bowling 1:30pm 
22	23  Basketball Wolverines 7-8pm Skill Center	24  Basketball Wild Cats 6-7pm Hayes Elementary Hotshots 6-7pm Lightning 7-8pm Skill Center	25  Basketball Pistons 7-8pm Skill Center	26	27	28 Bowling 9:30am Oak Lanes  Guys & Dolls Bowling 1:30pm
29	30  Basketball Wolverines 7-8pm Skill Center	31  Basketball Wild Cats 6-7pm Hayes Elementary Hotshots 6-7pm Lightning 7-8pm Skill Center				

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**Inside The Arc is also available online at
thearcnw.org
Call 313-532-7915 to end your printed mailed newsletter.**

Membership Application

Member Name(s) _____

Email Address _____ **Daytime Phone** _____

Address _____

City _____ **State** _____ **Zip** _____

www.thearcnw.org

Welcome!

Membership Dues

New Member Renewing Member Associate Member

\$35 Annual Family or Group Home Membership

\$25 Individual Membership

\$25 Associate Membership (Current membership of another Local Arc Chapter required)

DONATIONS **\$10** **\$25** **\$50** **\$100** **\$150** _____ **Other**