

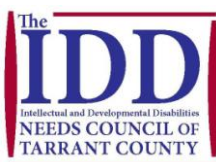


www.familysupportctc.org

FSC/TC NEWSFLASH – FEBRUARY 2012

Family Support Council of Tarrant County meets **Friday, February 10th** at **11:30 AM** at Resource Connection Welcome Center Boardroom, 1100 Circle Drive, Fort Worth, TX 76119. Please RSVP for lunch to kimberly.gilchrist@mhmrtc.org no later than Thursday, February 9th.

The **Spring 2012 Transition & Disability Resource Expo** will be held on **Saturday, May 5, 2012** at The Resource Connection, 2300 Circle Drive, Fort Worth, TX 76119. For more information, please visit <http://familysupportctc.org>



The Intellectual and Developmental Disabilities Needs Council of Tarrant County will meet on **Thursday, February 2, 2012** from 8:30 to 10:00 AM at Easter Seals, 1424 Hemphill St., Ft. Worth, TX. For more information on the IDD Needs Council, call Beth Cain (817-877-1474) or email beth.cain@iddcounciltc.org



Happy Valentine's Day!



The Ladies Friendship Group will meet on **Friday, February 3rd** from 12:00 – 2:00 at The Resource Connection Gym, 2300 Circle Drive, Fort Worth, TX 76119. The topic this month is “Friendship: Heart to Heart”. Please bring a sack lunch and **wear red**. Dessert will be provided. For more information or to RSVP, contact Linda Haberthur at 817-569-5459.

The Men's Friendship Group will meet on **Thursday, February 9th** from 11:30 AM – 1:30 PM at The Arc of Greater Tarrant County, 1051 Haskell St, Ste 106, Fort Worth, TX 76107. This month, we'll discuss diabetes management. Please bring a sack lunch. For more information or to RSVP, please call Brandon Cabral at 817-986-1252.



Dance For the Cure – A Special Community Connection Dance! A dance to raise money for the fight against breast cancer will be held **February 3rd** from **7:00 to 9:00 pm** at the Resource Connection, 2300 Circle Dr., Fort Worth, TX. The purpose of this dance is to celebrate the women and men who have survived breast cancer and to raise money to support those who continue to fight. A special tribute will be held for people with IDD that have fought the good fight and survived. If you are a survivor of breast cancer, or know someone who is, PLEASE let the organizers know when you arrive so we can include you in the special tribute. EACH PERSON attending the dance will be asked to pay an admission cost of \$3.00. EVERY DOLLAR RAISED will go directly to research and preventive services. There will also be several drawings throughout the evening for a bunch of fun prizes including: Bowling passes, Movie passes, Gift cards, Gift baskets, McDonald's gift cards, and more! Drinks and snacks will be provided. Information on breast cancer will also be available. Dress in **pink** and join the party!! The dance is sponsored by The Arc of Greater Tarrant County and United Advocates of Tarrant County.



The Texas Transition Conference (TTC) is an annual two-day conference focused on improving transition outcomes and postsecondary opportunities for youth with disabilities. Conference attendees come from all over the state of Texas and include educators, transition specialists, vocational coordinators, service agency representatives, and youth with disabilities and their families. This year's conference is scheduled for **February 20-21** at Renaissance Hotel in Austin. Stipends are available for parents and transition-age (14+) students. For more information, please visit <http://ttc.tamu.edu/>

Cook Children's Medical Center's blog [We Do It All For Kids](#) has an excellent, inspiring story about Briannah 's battle against a rare disease. Check out her story at [We Do It All For Kids](#).



The 2012 National Wear Red Day is on Friday, **February 3rd**. We hope that you will join us again by going **RED**. Too few women realize that **heart disease is their #1 killer**, but the good news is that heart disease can largely be prevented. **The Go Red for Women** movement encourages women to **improve their heart health and take action to fight heart disease**. More women die of cardiovascular disease than the next five causes of death combined, including all cancers. The American Heart Association is asking you to help increase awareness by **wearing red** on **National Wear Red Day, Friday, February 3rd**. Find the perfect red dress, red lipstick, red nail polish, red shoes and red blouse and help save lives in our community. Follow us on Facebook at <https://www.facebook.com/tarrantcounty> for more information or visit www.GoRedTarrant.org.

The first ever **Texas Angels Pageant**, a beauty pageant for kids with special needs ages birth to 21, will be held at Lee Lockwood Scottish Rite Museum at 2801 W. Waso Drive in Waco on **February 25, 2012**. Registrations will be accepted through **February 15, 2012**. For more information, please visit [the KWTX site](#). There are no entrance fees for the family, and a full day of activities is planned. Every participating child will receive a sash and a crown, plus lunch, makeup and hair, and if you don't have your own pageant gown, there will be a selection of gowns you may borrow.



SAVE THE DATE: On **March 9, 2012**, The ADRC will present a Caregiver Education and Training Event entitled **Caregiver Teleconnection of Tarrant County**. Be among the first to learn about

an exciting new resource for caregivers in Tarrant County. Training will be held at Tarrant County Public Health Department 1101 South Main, Fort Worth on **March 9, 2012 from 9:00 AM – 12:00 PM**. For more information, email adrctraining@gmail.com or call 1-888-730-2372.

My child has IDD. Where can I get help?

Intellectual and Developmental Disability, referred to most often as IDD, has replaced the term mental retardation. With reduced funding for state and local service providers, families are searching for help and support.

[Click here](#) for resources, links, and to learn more about IDD.

Better Choices, Better Health Diabetes and Chronic Disease Self-Management Workshops

Various dates & locations
click [here](#) to for details

Navigating through Adult Treatment

Friday, February 17, 2012

8:30 a.m. - 10:15 a.m.

Millwood Hospital

1011 N. Cooper Street, Arlington, TX 76011

click [here](#) for details

A Leap for Help: Protecting the Vulnerable

Wednesday, February 29, 2012

7:30 a.m. - 3:30 p.m.

249 W. Thornhill Dr.

Fort Worth, TX

click [here](#) for details

The **ADRC of Tarrant County** helps people who are aging or have a disability, their families and caregivers, in understanding their options and successfully connecting with the services and supports they need. **Call the ADRC of Tarrant County at 1-888-730-ADRC (2372) or visit <http://tarrantcountyadrc.org/>.**



February is National American Heart Month.



Rise Adventures North Texas Cowboys 3rd Annual USQRA RISE National Invitational Quad Rugby Tournament Irving, TX February 17-19, 2012 Presented by RISE Adventures

For more information, visit Rise at <http://www.riseadventures.org/>

2012 Pedestrian Plan Community Meetings are being held in Fort Worth this month. Attend a Walk! Fort Worth meeting and tell them WHY you like to walk in Cowtown, HOW the City can make Fort Worth more friendly for pedestrians, and WHERE the city should make pedestrian improvements. Meetings are scheduled as follows:



- Ella Mae Shamblee Library - **February 6** - 6:30 PM 1062 Evans Avenue
- Southwest Community Center - **February 8** - 6:30 PM 6300 Welch Ave
- Summerglen Library - **February 9** - 6:30 PM 4205 Basswood Blvd.
- Diamond Hill/Jarvis Library - **February 13** - 6:30 PM 1300 N. E. 35th St.
- Southwest Regional Library - **February 16** - 6:30 PM 4001 Library Lane

For more information, contact Julia McCleary at 817-392-2593 or visit www.fortworthtexas.gov/walkFW These facilities are wheelchair accessible. For accommodations or sign interpretive services, please call Julia McCleary at 817-392-2593 48 hours in advance.



The Clubhouse for Special Needs says, "SAVE THE DATE!" for their annual Dinner and Silent Auction, **March 24, 2012** at the Texas Star Convention Center. Contact Darlene for more information: 817-285-0885. Email: director@theclubhouse.org or visit the [The Clubhouse for Special Needs](http://www.theclubhouse.org) web site.

Treehouse Thursdays - A Special Gathering for Special Parents Only: A support group in Azle, for parents of special needs children! Hosted by Rise for Special Children, www.riseforspecialchildren.com. Location: First Baptist Church of Azle, 1016 Boyd RD, Azle, TX 76020 Time: 6.30pm-8.00pm (Brown Bag Dinner) For more information call Petra at 940-293-7388



Autism Speaks releases ATN Visual Supports Guide: Pictures, photographs and other visual supports can greatly improve communication for children, adolescents and adults who struggle with understanding or using language. Autism Speaks is pleased to introduce its Autism Treatment Network's Visual Supports tool kit, a guide for parents, teachers and medical professionals. [Available for free download](#)





Our Special Children



Families Helping Families: Education and support groups for people parenting or caring for a person with a developmental disability.

PARENTS ON CALL

Parents on call are volunteer parents who provide support and information to other parents of children with special needs or disabilities Call .Deneesa Rasmussen 361-389-5126, Denise Gasmire 817-481-9700, Mary May 817-547-5715, or Emma Ramirez-Bell 817-265-6009

Free Childcare Available for Saturday Meetings - Reservations Required! Call 817-877-1474



OUR SPECIAL CHILDREN



Saturday, February 11th , 2012

9:30am till 12noon

1051 HASKELL STREET, SUITE 106

FORT WORTH, TEXAS 76107

INCOME TAX WORKSHOP

Ms. Johnnie Bowers, BBA and MA, Senior Stakeholder Relationship Tax Consultant

(Ms. Bowers has worked for the Internal Revenue Service for over 31 years)

Are there any new provisions in federal law that will affect my income taxes this year? Which expenses for my special needs child can be considered medical deductions? Are diapers, special diets, trips to the pharmacy deductible? What about child care and/or respite care? Can those costs be deducted from my taxes? What are the credits I can use to minimize my income tax liability? Are my child's S.S.I. or my foster parent payments considered taxable income? How can I accumulate enough medical expenses to be able to deduct them on my Schedule A form? Can a swimming pool really be a medical deduction? If my insurance company reimburses me for medical bills, can I still deduct them on my income taxes? These and other questions will be addressed at the February meeting of OUR SPECIAL CHILDREN. We are pleased to welcome back Ms. Bowers from the IRS who will provide us with answers to our many questions, offer us valuable ideas & suggestions concerning our income taxes, and distribute a variety of handouts about this subject. One area she's active in for the Stakeholder Partnerships, Education and Communication (SPEC) is the promotion of the Earned Income Tax Credit (E.I.T.C.), Child Tax Credit, and the Volunteer Income Tax Assistance (VITA) sites that offer free income tax preparation for many Americans, including disabled taxpayers. Remember to make your reservations if you need childcare. Also, please share this information with others since this is a very interesting topic for parents with special needs children. We hope to have a lively discussion about ways we can save money on our income taxes. Her session is probably the most popular and best attended of all of our workshops each year. Make plans now to participate. Did you realize that this year the Income Tax filing deadline is April 17?

Information concerning children and youth:. Deneesa Rasmussen (361) 389-5126
deneesar@yahoo.com

Philip Bell (817) 877-1474
philip.bell@arcgctc.org



FEAT-NT ASPERGER SUPPORT GROUP MEETING: 1st Wednesday night of every month from 7:00-8:30. **AUTISM SUPPORT GROUP MEETING:** 3rd Wednesday night of every month from 7:00-8:30 Childcare is available to those who RSVP for childcare. events@featnt.org to let us know you are attending and if you will need childcare. Support group

meetings are held at FEAT-NT Resource Center & Library, 7286 Glenview Drive, Richland Hills, Texas 76180, Located on Glenview Drive between Hwy 183 and Hwy 26 also known as Grapevine Hwy or Blvd 26. For best directions go to www.mapquest.com.

The 3rd Annual “Teaching Does Make a Difference” Autism Conference - Dallas/Fort Worth, Texas is February 22, 23 & 24th. Walk Away with EDUCATION, ADVOCACY and SUPPORT. Three days of training and Over 40 Presentations:

The FEAT-NT “Teaching Does Make a Difference” Autism Conference brings together experts for three days of training that focus on ways to improve the quality of life for those with autism, their families, caregivers and professionals working with them. The presentations and panel workshops will cover areas of behavioral and developmental therapies, medical/biomedical interventions, research, nutrition, and family issues. It is attended by Educators, Therapists, Health Care Professionals, Caretakers, Parents and anyone who wants to learn more about services and treatment for children living with Autism, Asperger’s Syndrome, ADD, ADHD and other learning disabilities. For more information, visit [FEAT-NT](#).

Disability★Blog

A blog about the latest disability-related news, information & trends.

workforce have steadily increased. However, 22 years later, finding gainful employment remains an uphill battle for Americans with disabilities. Mine is a story of success. I studied diligently, worked exceptionally hard and fought with every fiber of my being to “prove” I deserved the same opportunities afforded to the non-disabled. Once I entered the workforce, I put the pedal to the metal and have never stopped pushing forward. That I could do so is wonderful; that I had to is tragic....” *To read the complete article, visit [The Disability Blog](#).*

“Since the Americans with Disabilities Act (ADA) was passed in 1990, opportunities for members of the disabled community to join the nation’s



Is Your Food Safe for the Big Game? Have plans for the big game? We all know this day is more than just football. It’s the second-largest day for U.S. food

consumption, next to Thanksgiving day. Chips, wings, guacamole, chili – sounds like a good time right? It should be Read the complete article on the [FoodSafety.gov](#) blog.

Melanie & Seth Fowler - “Look At my Eyes” Saturday, February 4, 2012 9:00-11:00AM Texas Christian University Dee J. Kelly Alumni Center 2820 Stadium Drive Ft. Worth, Texas Cost: FREE **SPACE IS LIMITED. RESERVE YOUR SPOT TODAY!** (817) 834-7700 or arcnetc@att.net For more information: www.arcnetc.org.

The Arc of Northeast Tarrant County

1806 Haltom Road ▪ Haltom City, Texas 76117 ▪ 817-834-7700 ▪ www.arcnetc.org



PEAS Meetup Group

Family Connections, a Partnership in Education, Advocacy & Support (PEAS) - a cross-disability support/information group for families of children, regardless of age, who have a disability.

Parent-to-parent support & networking ▪ Socials ▪ Friday Coffee Talk – informational meetings

FRIDAY COFFEE TALK - Student Introduction Portfolios Continued

Presenter: Kelly Mastin, mom of three children, 2 living life with a disability label

January 13, 2012 from 9:00 – 11:00 The Arc of Northeast Tarrant County - 1806 Haltom Road | Haltom City, Texas 76117

As a key member of your child's IEP team, you are required to communicate with many people throughout the school community. How we describe our children to others shapes their perceptions and values concerning our children as contributing members of the school community. If you weren't able to make it to the first meeting, join us on February 10th as we continue learning about Student Introduction Portfolios. This month we'll take it a step further and start creating our own! Some materials (punches, markers, paper, scissors, etc) will be provided, but feel free to bring your own items. This is your chance to brainstorm with other parents over coffee and pastries. We look forward to getting to know each of you and always remember, we are better together!

PEAS at Pump it Up Playtime — February 7, 2012 | Beach Street ▪ Ft. Worth

PEAS Social at Chick-fil-A — February 23, 2012 | 7 PM | 460 Grapevine Hwy. ▪ Hurst, TX 76054

To RSVP, requested but not required, for any PEAS meetup: (817) 834-7700 or arcnetc@att.net.

Join PEAS at: <http://www.meetup.com/PEAS-ArcNETC/>

Friday with Friends Social

FWF is a monthly social for individuals who have a disability ages 14 and up.

The Next FWF Social: Ice Cream Sundae Social

February 17, 2012 • 8:00 PM – 9:00 PM

The Arc of Northeast Tarrant County | 1806 Haltom Road | Haltom City, Texas 76117





RSVPs REQUIRED BY FEBRUARY 10, 2012: wwarcnetc@gmail.com or (817) 834-7700

Self-Advocate Leaders of Today (SALT) – Self Advocate Group

SALT is run *by & for* individuals who have a disability, 18 and older with the support of an advisor. Monthly meetings provide opportunities to work on identified goals and to learn about leadership, self-advocacy and self-determination.

The Next SALT Meeting: Friday – January 20, 2012 • 7:00 PM - 8:00 PM The Arc of Northeast Tarrant County | 1806 Haltom Road | Haltom City, Texas 76117 RSVPs REQUIRED BY FEBRUARY 10, 2012: wwarcnetc@gmail.com or (817) 834-7700.

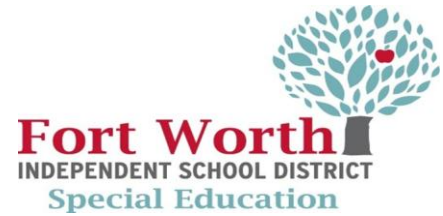
SNAP CALENDAR...COMING UP IN FEBRUARY...

DATE		TIME	ACTIVITY & LOCATION
Friday Friday Small Group Workshop	Feb 3 Feb 10 Feb 17 Feb 24	1:00pm – 3:00pm	SNAP – Friday Workshops for February Small group workshops, designed for adults (17 & above) with developmental challenges. SNAP Board Room 901 Clinic Dr, Euless, TX 76039 Topic: Personal Safety at Home & in the Community Guidelines for safety including: <ul style="list-style-type: none"> • Fire safety & weather-related safety review • Basic first aid • Stranger & acquaintance safety • Identity safety Cost: \$25.00 per class. (Cash or Check at the door.) 3 participants minimum, 6 maximum. <i>Sign up for 1 or for all.</i> <i>Each workshop covers new material.</i> Contact Paula Baker C 817-832-6683 E Prbaker56@aol.com
Monday 	Feb 6	6:30pm – 8:30pm	SNAP J.O.B.S. (Just Our Business Support Club) is a place where Members come to share about their jobs, learn how to pursue a job (if they are looking), discuss employment-related issues and learn what it takes to succeed on the job. Small Conference Room & SNAP Board Room 901 Clinic Dr, Euless, TX 76039 Contact Paula Baker C 817-832-6683 E Prbaker56@aol.com
Tuesday 	Feb 7	5:45pm – 8:00pm	SNAP Bowling AMF Hurst Lanes 720 W. Pipeline Road, Hurst, TX 76053 Cost is \$2.00 with your SNAP membership card and \$3.00 without. RSVP to Ms. Linda Gardner by Monday linda1960@verizon.net
Sunday 	Feb 12	TBA (Time subject to change. Please arrive 20 minutes early and meet at the Food Court.	SNAP Movie – TBA Tinseltown Movies 911 W Highway 114, Grapevine, TX 76051 (Hwy 114 @ Wm D. Tate) RSVP to Regina Kropf by Friday Morning Contact: Regina Kropf 817-946-4109 Regk25@aol.com
Tuesday	Feb 14		Valentine's Day
Wednesday 	Feb 15	6:00pm	SNAP Board Meeting SNAP Board Room 901 Clinic Dr, Euless, TX 76039
Friday	Feb 17	Early Register Deadline	Early Registration Deadline for Third Monday Evening Workshop on February 20th. See details below.
Monday	Feb 20	6:30pm –	SNAP – Third Monday Evening Workshop

<p>Monday Evening Workshop</p>		<p>8:30pm</p>	<p>With Paula Baker, SNAP Program Director Group workshop (6-12 participants only), designed for adults (17 & above) with developmental challenges. Large Conference Room 901 Clinic Dr, Euless, TX 76039 Topic: <u>Part II - The Truth about Guy/Girl Relationships</u> We will continue discussing keys to healthy relationships, working through conflicts and answers to your questions. You can join this workshop without having attended the first. Cost: \$25.00 (Cash or Check at the door) <i>*Register early to make sure you get your spot!</i> Contact Paula Baker by Feb 20th C 817-832-6683 E Prbaker56@aol.com</p>
<p>Tuesday</p>	<p>Feb 21</p>	<p>2:00pm</p>	<p>SNAP Member Recruitment Committee Meeting SNAP Board Room 901 Clinic Dr, Euless, TX 76039</p>
<p>Wednesday</p>	<p>Feb 22</p>	<p>RSVP Deadline</p>	<p>RSVP Deadline for SNAP Men's Club on Feb 24th. See details below.</p>
<p>Thursday</p>	<p>Feb 23</p>	<p>RSVP Deadline</p>	<p>RSVP Deadline for SNAP Supper Club on Feb 25th. See details below.</p>
<p>Friday</p> 	<p>Feb 24</p>	<p>6:30pm – 9:00pm</p>	<p>SNAP Men's Club – TBA Large Conference Room 901 Clinic Dr, Euless, TX 76039 Food and drinks provided. Cost: \$10.00 at the door. Contact Roger Marshall by Feb 22nd C 817-798-1745 text or call (Be sure to leave your name!) E ram747@verizon.net</p>
<p>Saturday</p> 	<p>Feb 25</p>	<p>5:00pm 5:30pm (Please arrive 15 minutes early.)</p>	<p>SNAP Welcome New Members & Supper Club New members are welcome to come early to meet our Welcome Committee. We would like to have a chance to get to know you and answer any questions before the crowd arrives. SNAP Supper Club: TBA RSVP to Regina Kropf by Feb 23rd Contact: Regina Kropf 817-946-4109 Regk25@aol.com</p>
<p>Monday</p> 	<p>Feb 27</p>	<p>6:30pm – 8:30pm</p>	<p>SNAP Girls Night Out – "SPIN IT TO WIN IT!" with Shirley Knudson and Paula Baker Large Conference Room & SNAP Board Room 901 Clinic Dr, Euless, TX 76039 SPIN IT TO WIN IT! Join us for a fun evening of a brand new game, designed especially for you. It'll be challenging, exciting, and funny. Also, we'll be talking about what sorts of things we'd like to do in 2012. Bring your ideas for what you'd like to see happen at Girls Night Out in the future. Hope to see you there. RSVP to Shirley Knudson Contact: Shirley Knudson 817-688-5552 shirley.knudson@charter.net</p>

Do you have a child in Fort Worth ISD Special Education? The Special Education Advisory Committee (SEAC) of the Ft. Worth

Independent School District is comprised of parents, school personnel, business, and community representatives. These representatives are persons who are involved with or are interested in special education matters and the welfare of students receiving special education services in our district. The committee serves in an advisory capacity to the school district administration on special education issues, services and supports. It also serves as a liaison between the community and the school district. The committee sponsors an annual parent night to encourage participation from all families. The committee meets four times during the school year. The meetings are held from 6:00 p.m. to 7:00 p.m. at the Administration Building 100 N. University. Ft. Worth Texas 76107. **If you are interested in serving on the SEAC**, contact SEAC President-Angela Harvey at 817.993.9389 or email at seacfw@gmail.com



A Little Family Service, LLC
Home and Community-based Services (HCS)

HCS programs provide individualized services and supports to persons with intellectual disabilities who are living with their family, in their own home, or in other community settings, such as small group homes. It is a Medicaid waiver program through the Department of Aging and Disability Services (DADS). If you or your loved one has an HCS slot, call us to hear more about the services that we provide and how we can pay you more for foster/companion care.

CEO: Luca Little (817) 771-7743

We currently serve the following counties:

Archer, Baylor, Brown, Callahan, Childress, Clay, Coleman, Comanche, Cottle, Dickens, Eastland, Erath, Foard, Hardeman, Haskell, Hood, Jack, Johnson, Jones, King, Knox, McCulloch, Mills, Montague, Palo Pinto, Parker, San Saba, Shackelford, Somervell, Stephens, Stonewall, Tarrant, Taylor, Throckmorton, Wichita, Wilbarger, Wise and Young

If you are not receiving this newsletter through e-mail, please send us your FULL NAME as it appears on the mailing label and e-mail address to kimberly.gilchrist@mhmrtc.org with "Requesting FCS NewsFlash" in the subject line. This will help us cut our postage costs. Thanks!!!!!!!!!!!! The NEWSFLASH is brought to you by the Family Support Council & MHMRTC, MR/IDD Services. Your help in alerting us to community information is greatly appreciated. Please forward to Kim Gilchrist @ kimberly.gilchrist@mhmrtc.org or call 817-569-5491. If you have received this mailing and would prefer not to be on our e-mailing list, please send back a reply with REMOVE in the subject line. Para mas informacion en espanol, por favor llamar a Ruth Valdez al (817) 569-4014.