

THE ARC ADVANCE

VOLUME 1, ISSUE 3

OCTOBER/NOVEMBER 2008



FESTIVAL OF TREES

Please save the date

The Arc of Orange County's

Festival of Trees Preview Party

Co Sponsored by University Mall

December 4 • 5 p.m. to 8 p.m.

University Mall

Entertainment • Silent Auction • Hors d'oeuvres

Tickets: \$50 per person

December 5 through December 7

Open & Free to the Public • Donations Accepted

10 a.m. to 9 p.m.

The Arc of Orange County works with and for people who have or are at risk for having developmental disabilities. We strive to provide quality support to the individual, their family and the community in which they live. Additionally, the Arc seeks to promote this through the advocacy, education, and community collaboration.

Our Mission

The Arc of Orange County works with and for people who have or are at risk for developmental disabilities to promote full participation in all areas of life in our community.

The Arc seeks to accomplish this through advocacy, education, and collaboration, as well as through the provision of quality supports to individuals with developmental disabilities, their families and the community.

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Winter Camp coming up

By Michael Kirschner

The Arc of Orange County is gearing up for our annual Winter Camp program, offering a structured day for school aged students during the Chapel Hill-Carrboro City Schools Winter Break. There will be a volunteer vocational component for some and fun activities for all. Chapel Hill Parks and Recreation has been generous

enough to offer us space for the camp and the use of its 15 passenger van. The Arc of Orange County thanks them dearly for their generosity. If you plan to apply, please do so quickly as space is limited. If you have questions regarding this, or any of our other camps, contact me at 919.942.5119, ext.121, or at mkirschner@arcoforange.org.

Never Underestimate the Value of Volunteers

By Susan Paul

At The Arc of Orange County's Annual Meeting in September, the ZTA sorority and Paige Koch received the award for Volunteer of the Year! The following is an excerpt from the ceremony:

"For several years now the ZTA's have gathered, walked, talked and ran for The Arc of Orange County. Their race has raised many, many thousands of dollars. We have been fortunate to use their donations to enhance our programs and increase our services. For their generosity, greatness of spirit, their commitment to our community and for their

boundless enthusiasm, The Arc presents to Brady Campbell on behalf of all her ZTA sisters the award for "Volunteer of the Year."



Koch shows off her award in front of cooking class

Our second award for Volunteerism will go to Paige Koch as our cooking class Head Chef. Each week as head chef for the "Health and Wellness Cooking Class" Paige's smile is the main and certainly one of the most important ingredients in every recipe we

prepare. Her commitment, her love of cooking and her evident enjoyment have helped to make the cooking class what it is today. For her commitment and caring The Arc presents her with this Volunteer of the Year award."

Field day!



The Arc Family Field Day Hosted by the ZTAs of UNC

Date: Sunday, November 9, 2008

Time: 1pm - 4pm

Location: Rashkis Elementary in Meadowmont

We invite all the individuals and families we serve as well as community partners to join us at our first Arc Family Field Day. This event is sponsored by the ZTAs of UNC with a goal of extending the wonderful relationship they currently have into a more personable partnership. Our goal is to place a "face with the name" as we enjoy face painting, moon bounce, slides, basketball, soccer, jump rope, hula-hoop, relay racing, food and fun.

If you have any questions about this wonderful event please give Pat Richardson a call at 919-942-5119, ext 116 or contact via email at prichardson@arcofororange.org



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Each Office is Independently Owned and Operated

From the Executive Director's Desk

By Robin Baker

With all of the buzz around the upcoming election, I can't help but remember a "state of the union" address that was presented during The Arc of North Carolina's Annual Conference last year by Al Condeluci. Dr. Condeluci, an advocate for people with disabilities, is a native of southwestern Pennsylvania. He has worked as an attendant, caseworker, advocate, planner, program director, and Executive Director of UCP of the Pittsburgh District.

Summarized by Julia Leggett, Policy Coordinator of The Arc of NC, here are some facts Al shared with the group and remain largely unchanged:

- The **unemployment** rate is 4.3% for the general public. The rate of unemployment for people with disabilities is 76%. This means 76% of people with disabilities are unemployed or under employed. Without work, people with disabilities lose out on opportunities for identity and access to other people, two very important aspects of life.
- **Home ownership** is the great American dream. Home ownership establishes a sense of place. 71% of people in America own their own home. 6.2% of people with a significant disability own their own home. A majority of people with developmental disabilities live in group homes or with their parents or other family members.

- **Transportation** barriers continue to be a major issue for people with disabilities.
- There is a correlation between the number of **relationships** a person has and their success in life and longevity. A typical person in society has about 150 friends. This network is referred to in research as "social capital". Currently there is little to no research regarding people with disabilities and "social capital," but we do know that due to traditional service approaches, participation in community life has been minimal for most, and thus opportunities for connecting to others have been greatly limited.

My point in reminding you of all of this is, as we enter our organization's thirtieth year, I am confident we are better equipped than ever to make significant strides in each of the areas mentioned above. We have positioned ourselves to maximize our use of community resources, provide improved habilitative, vocational and personal care supports and advocacy. We recently re-organized our staffing and relocated our office. We also added a Supported Employment Program and a Volunteer Services Program. We continue to reach out to the community and investigate opportunities to strengthen our services by partnering with others. I encourage you to stop by our new office, visit our website, and help us with your suggestions and comments.

People First Language

Source: *The President's Committee on Employment of People with Disabilities*

The way a society refers to persons with disabilities shapes its beliefs and ideas about them. Using appropriate terms can foster positive attitudes about persons with disabilities. One of the major improvements in communicating with and about people with disabilities is "people-first" language. People-first language emphasizes the person, not the disability. By placing the person first, the disability is no longer the primary, defining characteristic of an individual but one of several aspects of the whole person.

For example, it is preferred to say, "people with disabilities" instead of "the disabled," or "Mary has a vision impairment" instead of labeling the person by saying, "Mary is blind."

An exception to this rule is for people who are deaf or hard of hearing. In general, the deaf community does not like to be referred to as having hearing impairments. It prefers deaf or hard of hearing. Use "hard of hearing" to refer to people who have hearing loss but communicate in spoken language. "People with hearing loss" is also considered acceptable. Many people who are deaf and communicate with sign language consider themselves to be

members of a cultural and linguistic minority. They refer to themselves as Deaf with a capital "D" and may be offended by the term "hearing impaired."

Also, people with disabilities may use the words disabled and "crip" to refer to themselves. They would also be likely to say, "I am blind," or "I am a paraplegic."

Using "crip" language is part of the disability culture. However, people without disabilities should not use this terminology.

If you don't know the appropriate words to use, simply ask the person what is preferred.

DID YOU KNOW?

Persons living with an autism spectrum disorder now number 1 in 150.
Twice as many women have Multiple Sclerosis as men.

Visit us 24 hours a day
www.arcofororange.org

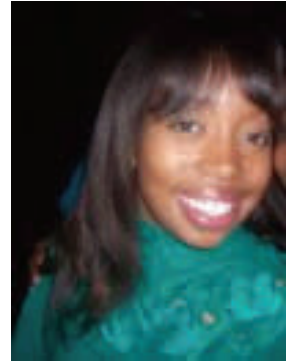
Care Provider Spotlight: *Dominique Cofield*

Where were you born? Greensboro

Where did you grow up? Greensboro

What High School did you attend? Ben L. Smith High School

What college? In what area of study? North Carolina Central University, BA in psychology



What got you interested in working with persons with disabilities? When I was a child my mom taught adult basic education classes at the community college in Greensboro for people with physical and mental disabilities. Sometimes she would take me to work with her, and I used to interact with her students. I admired the perseverance that most of her students had.

How did you hear about The Arc? Craigslist!

What is your fondest memory of working with The Arc? I worked a fee for service case for a family of 3 kids over the summer. During the day we made puppets out of paper bags. Before I left one of the kids gave me her puppet so I would always remember her.

How do you think The Arc will prepare you for your future? I plan on getting my Masters in counseling. Working for The Arc has given me a lot of personal and professional experience that I'm sure I will use in the future.

On a lighter note:

What is your favorite type of music and why? I like all kinds of music...

If you could go anywhere in the world, where would it be? Africa

If you could have any superpower (fly, x-ray vision, etc.), what would it be, and why? If I had a super power I would want to be telepathic, so I could always know what someone is thinking.

Did the fork evolve from the spoon, or did the spoon evolve from the fork? I would guess that the fork evolved from the spoon

How much wood could a woodchuck chuck if a woodchuck could chuck wood? If she was a smart woodchuck she would chuck enough wood to build a awesome birdhouse.

Care Provider Spotlight: *Julie Benbow*

Where were you born? Statesville, NC

Where did you grow up? Statesville, NC

What High School did you attend? North Iredell High School

What college? In what area of study? UNC, Anthropology and Biology

What got you interested in working with persons with disabilities?

My parents made a point for me and my sisters to meet a variety of people when we were very little. We had two group homes who became active in our church, so I grew up with adults with disabilities and got to go to summer camp with all of them for several years. All of those guys were such good friends to me- they came to birthday parties when I was little and some became my pen pals when I went off to college. I really credit knowing them for why I am working in this field today.



How did you hear about The Arc? From two different friends who had both had great experiences with The Arc.

What is your fondest memory of working with The Arc? All of my best memories from The Arc have to do with the people I have met as a care provider- from all of the wonderful clients and families who have welcomed me into their homes to the office staff who have always been so supportive and helpful to me!

How do you think The Arc will prepare you for your future? My experience with the Arc has taught me a great deal about people- how to be a better listener, how to be patient, how to be creative, and how to work as a member of a team. I can take all of those skills and use them in daily relationships, and also in my future career, whether it's nursing, social work, or special education.

On a lighter note:

What is your favorite type of music, and why? Am I allowed to say Bluegrass? I love being from the South and I have recently rediscovered Bluegrass music. One of my favorite bands is Old Crow Medicine Show.

If you could go anywhere in the world, where would it be? There are lots of places I'd love to go- Ireland is definitely one of them

If you could have any superpower (fly, x-ray vision, etc.), what would it be, and why? It wouldn't be flying, because I'm afraid of heights! Instead of hitting my snooze button, I'd love to add an extra hour to the day so that I can sleep longer.

Did the fork evolve from the spoon, or did the spoon evolve from the fork? Hmm. The fork evolved from the spoon.

How much wood could a woodchuck chuck if a woodchuck could chuck wood? A lot!

Celebrating another great year

By Christian Keller

The Arc's Annual Meeting was held on September 28th at the William & Ida Friday Center in Chapel Hill. The meeting served not only as an annual membership meeting but also as a celebration of another wonderful year at The Arc!

Guests at the gala were entertained by the melodic sounds of the Enrichment Center Percussion Ensemble (ECPE) - Each member of ECPE has a developmental disability and possesses exceptional musical talent. ECPE had just completed an appearance at The Arc of North Carolina Annual Conference and they added rich musical texture to The Arc of Orange County's Annual Meeting!

Another focus of the Annual Meeting was the recognition of individuals and agencies in our community who were integral in helping The Arc carry out its mission over the past year. This year's award recipients are as follows:

- Outstanding Employer: Café Carolina
- Outstanding Advocate: Tracey Theissen
- Outstanding Volunteers: [1] Paige Koch and [2] ZTA Sorority
- Outstanding Care Provider: Stacy Wilson
- Outstanding Community Partner: UNC Wellness Center at Meadowmont
- Outstanding Community Partner: Roger Badrock with RBC Bank

During the course of the Meeting, guests heard presentations from The Arc's various Department Directors about their respective programs and duties.

An important order of business was the announcement of Pat Hatfield as The Arc of Orange County's new Board of Directors President. The Arc is excited to welcome Pat to her position and looks forward to her leadership in the coming year.

The meeting concluded with socializing over delicious desserts provided by the Friday Center and an impromptu "jam session" by the members of ECPE. A good time was had by all!

Everyone at The Arc says "Thank You" for your part in helping us to have another wonderful year and we look forward to many great years to come.

Individual Services update

By Duffy Palmer

Individual Services is looking to expand our pool of potential care providers. Students comprise a majority of our direct care staff, and do so brilliantly. However, as always, we lose many to graduation, moves, and/or changes in class schedules. We love our students, but as we reach our goal of service to more families, we must explore new populations from which to recruit. Doing so will enable us to provide increased continuity of service and decreased wait time for new staff. We welcome any suggestions you may have in

this area.

We continue to provide Fee For Service Respite, various CAP services, as well as Developmental Therapy, and have expanded the number of people served. Due to this increase, we plan to hire more Qualified Professionals to oversee the department and provide increased training and support for our care providers.

In addition to the increased services, The Big DEAL program has begun the transition under our department's umbrella. This move will assist us in providing Big DEAL-type services to all adults

served by The Arc of Orange County. I thank all the care providers and parents for their patience during this transition.

On a separate note, our staff recently attended a valuable National Accreditation training. Many of our current practices and philosophies were reinforced, including our goal of increased individualization of services.

Finally, thank you to all who made my first few months a pleasure. I look forward to continue working with those I know and getting to know those I don't.

Place your ad here!
Contact [Pat Richardson](#) for details.
919.942.5119 ext.116

Word of Mouth

By Susan Paul

As part of our cooking and nutrition class, our participants learn from where food comes. In and around our town of Chapel Hill are abundant places to see these things first hand. Our field trips to nearby Maple View Ice Cream, Frog Pond Farms, Spence's Farm, Domino's Pizza, and Chocolatier Stam's offered us such first hand experiences. The visits were free of charge and offered an inside look on how food is grown, ice cream is made, and what life is like on a solar-energy organic farm. The proprietors of each place of business graciously volunteered their time to host, tour, and answer questions. I would like to share our experiences via the following pictures and anecdotes, as well as offer a large "thank you" to the businesses and community partners that made this possible.

- At Maple View Dairy Farm: *Participant*: "How many cows do you have on your farm?" *Mr. Zach* answers: "About 200 cows." *Participant (In all brilliance)*, "What are their names?"

- Frog Pond Farms – We picked organic blueberries along with our high school volunteers Abigail and Josh and learned how the sun can cook sweet potatoes in an outside solar oven.



- Chocolaterie Stam's – We tasted how delicious and rich hot chocolate could be, even in the summer time.

- Spence's Farm – A gathering of free range eggs from their chickens showed all the different colors of eggs on the outside...but proved on the inside...all is the same.

- Domino's Pizza – We created our own signature pizzas, "the works" – we then shared our signature pizzas with each other.



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