

Your Support Makes A Real Difference To The Arc of Denton County!

# ArcLetter

### Board of Directors

- Gayle Hoyt-President
- Carol Foote-Secretary
- Louise Ferry-Treasurer
- Raji Damle
- Kay Goodman
- Linda Martin
- Meg Taylor
- Marshall West

### Project Coordinators

- Bonnie Lewallen
- Blake Hensley
- Heather Matthews

### Mission Statement

The Arc of Denton County, a non-profit volunteer organization, is committed to expanding opportunities for people with any developmental disability to exercise the same rights, freedoms, and responsibilities as their fellow citizens by providing family support, public awareness, advocacy service and referral.

(800)375-4520

(972)436-8471

[www.arcofdentoncounty.org](http://www.arcofdentoncounty.org)

A United Way Agency

## PLEASE HELP THIS JESTER!!

### What can a \$5.00 donation do ?

Please help our President take off her Jester hat and get a big smile! If everyone that reads our newsletter would send a donation to us of at least \$5, we would raise enough funds to do our socials for a year and even add one more event!!

Many of our adults with disabilities have very little to look forward to, and The Arc socials make a difference in their lives. Each event is highly anticipated and attendance at the events keeps growing. We had 100+ at our Holiday Social, so that means a lot of supplies!

We have our Mardi Gras Madness Fundraiser going on the week of February 12-16th and "jesters" are raising money for us, so please send "Gayle, our President Jester" your donation made payable to "The Arc of Denton County"

Please send to:

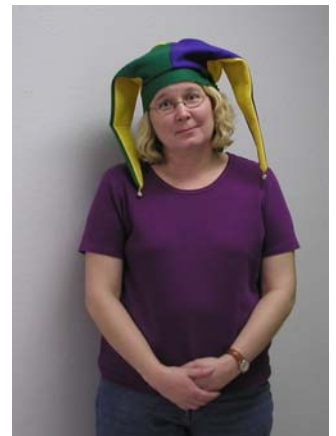
The Arc of Denton County

P.O. Box 1279

Denton, TX. 76202

or we now can take donations by PayPal for your convenience at our website at

[www.arcofdentoncounty.org](http://www.arcofdentoncounty.org)



**Please help Gayle help The Arc and our adults with disabilities.**

## MARDI GRAS MADNESS SOCIAL

**Come join The Arc at our Mardi Gras Madness Social for adults with disabilities and their friends. Enjoy dancing and refreshments!**

**WHERE: EduCare  
3923 Morse Road #112**

**WHEN: Saturday, February 17th 6:30-8:30**

**RSVP no later than Tuesday, February 13th**



**Mardi Gras Madness**

## Spotlight on: Seizure Disorders

### February 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6 Board Mtg.	7	8	9	10
11	12	13	14	15	16	17 Mardi Gras
18	19	20	21 Self- Adv	22	23	24
25	26	27	28			

*A seizure is an abnormal discharge of electrical activity in the brain.*

A seizure is an abnormal discharge of electrical activity in the brain. A child is considered to have epilepsy when he or she has had two or more unprovoked seizures. Unprovoked implies that there are no obvious triggering events such as infection, fever, trauma, drug intoxication, hypoglycemia or other known stresses that may bring about a seizure in a child not otherwise prone to having epilepsy.

Seizures are not uncommon in children, with approximately 4.5% of children developing febrile seizures. 1% having at least one febrile seizure before age 14 years and between 0.4-0.8% of children having epilepsy by the age of 11 years. Seizures are divided into:

1. Partial seizures-consists of either simple seizures

such as motor or sensory seizures or complex seizures that involve some impairment of consciousness. Partial seizures begin in a localized area of the brain and may be either genetic or secondary to some injury or abnormality in a particular region

2. Generalized seizures-may consist of diffuse electrical discharges which spread throughout the brain. These seizures may consist of stiffening movements called "tonic", shaking movements called "clonic", periods of unresponsiveness called "absence", loss of muscle tone called "akinetic" and quick lightning-like movements called "myoclonic".

If your child or a person you are with has a seizure, the first thing to remember is "Don't Panic". Fortunately most seizures are brief, lasting less than 5 minutes, and they will usually stop spontaneously. It is important to keep anyone who is having a seizure lying on their side as they will not aspirate secretions that may accumulate in the mouth. It is also important to keep the person from hitting objects to prevent injuries. Children commonly stop breathing momentarily during a seizure but rarely stop breathing for a prolonged period of time. Do not place anything (finger, stick, etc.) in the mouth of someone having a seizure. If a seizure last longer than 5 minutes, call for an ambulance to take the person to the nearest medical facility.



Put your business card or description of your business in our newsletter. We distribute 1800 copies monthly.

## THE ARC'S CLASSIFIED AD SECTION

Thanks to Staples in Lewisville for printing our newsletter, the "ArcLetter"

Their generosity allows us to send our newsletters to Denton County families with children with special needs, adults with special needs and concerned citizens.

If you are interested in putting your business card on this page, please send information to:  
The Arc of Denton County  
P.O. Box 1279  
Denton, Tx. 76202

Enclose a Check for \$15 a month or \$150 for a year.



## Categories of Disability Protected by IDEA



Download or view a copy of "It's a New IDEA" at [www.arcoftexas.org](http://www.arcoftexas.org)

Disability Categories protected by IDEA include:

- Autism
- Mental Retardation
- Emotional Disturbance
- Auditory Impairment
- Visual Impairment
- Multiple Disabilities
- Speech Impairment

- Deaf-Blind
- Learning Disabilities
- Traumatic Brain Injury
- Orthopedic Impairment
- Other Health Impaired
- Non-Categorical Early Childhood

Information on this page was "gently lifted" with permission from The Delta Kappa Gamma Iota Iota Chapter Newsletter.

## Transition and Self-Determination

---

*"learn about your disability, be successful, and know how to advocate for yourself"*

---

Discussing and involving students and families in transition activities and services are how the delivery of special education services for students are tied together and brought to a finite completion. Preparing students for beyond high school is the function of schools and for

students with disabilities it is a deliberate, planned activity. Transition is expected to begin with a plan in place by the time a student reaches his/her 16th birthday. Students are a part of this process. Since they are expected to participate, a new piece has surfaced for which training is now taking shape,

Self Determination. Students with disabilities must now learn about their disability, what supports they need in order to be successful, and how to advocate for themselves as they complete high school and beyond.

## Services For Eligible Students

Services for eligible students include but are not limited to:

- Speech Therapy
- Orientation and Mobility
- Assistive Technology
- Occupational Therapy

- Physical Therapy
- Interpreting Services
- Counseling/Psychological
- Music Therapy
- Braille

- Adapted Physical Education
- Instructional Services
- Transportation
- In Home Parent Training



Customizing services one student at a time

## Annual Awards Banquet April 23, 2007

### PLEASE SAVE THIS DATE ON YOUR CALENDER!!

The Arc of Denton County will be held on Monday, April 23rd. This years event will be held at Fremaux's in Denton from 6:30 -8:30 pm.

You will find a nomination form and a list of categories in the newsletter thru April. Please send your nominations in! We like to recognize people that have gone beyond their "call of

duty". Fill out the form and mail in or email us at: info@arcofdentoncounty.org

This years theme for our Annual Awards Banquet will be "Going That Extra Mile", so please think of someone that has gone that extra mile for people with disabilities and let us know.

This is one of the only events we charge for and the price will be \$20 a person. We will ask that checks be sent in ahead to re-

serve your spot or we have made it a little easier for you and will have a PayPal button on the website at www.arcofdentoncounty.org

Hope to see everyone there!!



Nominate a person or group that has "Gone that extra mile" and join us at the Annual Awards Banquet.

## Help The Arc Earn Money

There is a new and easy way to raise money for The Arc of Denton County—just by searching the Internet with GoodSearch.com.

It's simple. You use GoodSearch.com like any other search engine-the site is powered by Yahoo!-but each time you do, money is generated for The Arc. Just be sure to fill in "The Arc-Denton County" and click verify for the GoodSearch field "Who do you GoodSearch for?"

Last year, search engines generated close to \$6 billion in revenue from advertisers. With GoodSearch, part of the advertising revenue will now be directed to our organization.

We hope that you will not only use GoodSearch as your main search engine from here on out, but that you will also pass this message on to your friends and family. If you go to GoodSearch.com there is a sample email you can use to

ask your friends and family. The more people who use this, the more money The Arc of Denton County will receive.

This is a good way for you to contribute to your favorite charity (Arc, we hope!) with no money directly out of your pocket and no extra time involved. This can be used at most work places and at home when you are searching the net.

*"Donate to The Arc of Denton County"*



### How to Know When You've Had Too Much Technology

You just tried to enter your password on the microwave\*You have a list of 15 phone numbers to reach your family of three\*Your daughter sells Girl Scout cookies via her web site\*Your grandmother clogs up your email box asking you to send a JPEG file of your new born so she can create a screen saver\*You pull up in your driveway and use your cell phone to see if anyone is at home\*Your reason for not keeping in touch with family is that they don't have email addresses\*You consider second day air delivery painfully slow\*You hear most jokes via email instead of in person\*You get an extra phone line so you can get phone calls\*You get up in the morning and get online before your coffee\* You wake up at 2:00am to go to the bathroom and check your email on your way back to bed\*You call your son's beeper to let him know it's time to eat, he emails you back from his bedroom, "What's for dinner?"\*You chat several times a day with a stranger from South Africa, but you haven't spoken with your next door neighbor yet this year\* You start tilting your head sideways to smile :)

## The Arc of Denton County Annual Awards Banquet

Listed below are the categories that the Arc of Denton County will be honoring at our Awards Banquet on April 23, 2007. Each of the following categories need to fit the following criteria:

*“Positively influenced the attitudes and thinking of the general public regarding the life and ability of a person with intellectual or developmental disabilities”*

### Categories for nomination:

1. Special Education Teacher
2. General Education Teacher
3. Educator/Administrator
4. Employee of the year (person with disability)
5. Employer of the Year (hires people with disability)
6. Case Manager/Foster Care Provider
7. Self Advocate (Person with disability)
8. Support Person (Therapist, Paraprofessional, Bus Driver, etc.)
9. Community Support
10. Arc Volunteer
11. Community Volunteer
12. Advocate (Person who advocates for people with disabilities)

Please fill out nomination form on back for each category that you have a nomination for. You may use blank paper if needed or make copies of the information sheet. **PLEASE RETURN NO LATER THAN MONDAY, APRIL 9TH. WE CANNOT ACCEPT NOMINATIONS AFTER THAT DATE.**

Mail to The Arc of Denton County, P.O. Box 1279 Denton, Texas 76202 or  
Fax to us at 972-436-8471 or  
Email your information to: [bonniel@arcofdentoncounty.org](mailto:bonniel@arcofdentoncounty.org)

**REMEMBER: WE CANNOT ACCEPT NOMINATIONS AFTER MONDAY, APRIL 9TH**



**THE ARC OF DENTON COUNTY AWARDS BANQUET NOMINATION FORM**

**CATEGORY OF NOMINATION:** \_\_\_\_\_  
*(Please print or type)*

**NOMINEE INFORMATION:** (Check one) \_\_\_ Individual \_\_\_ Group

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_ **E-MAIL:** \_\_\_\_\_

**EMPLOYER: (IF APPLICABLE):** \_\_\_\_\_

**NOMINATOR INFORMATION**

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_ **E-MAIL:** \_\_\_\_\_

***PLEASE CHECK THE SPELLING OF YOUR NOMINEE'S NAME !!!***

**SUMMARIZE WHY THE NOMINEE QUALIFIES FOR THIS AWARD**  
(Use blank sheet if necessary or make a copy)

**Your Support Makes A Real Difference To The Arc of Denton County!**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Cash or Check enclosed for \$ \_\_\_\_\_

Payable to:

*The Arc of Denton County*

*P.O. Box 1279*

*Denton, Texas 76202*

Membership Form

- Self Advocate \$15  
 Member or Family \$20  
 Supporting Member \$50

Check all that apply

- Interested citizen  
 Self Advocate  
 Professional in field of disabilities  
 Parent/Relative of child with developmental disabilities  
 Parent/Relative of Adult with developmental disabilities

**THANK YOU FOR YOUR SUPPORT OF THE ARC**

**The Arc of Denton County**  
**P.O. Box 1279**  
**Denton, Texas 76202**  
Phone: 800-375-4520  
972-436-8471  
Fax: 972-436-8471  
Email: [info@arcofdentoncounty](mailto:info@arcofdentoncounty)



Non Profit Organization  
U.S. Postage  
PAID  
Lewisville, TX  
Permit No. 230

*If you have an address change, or prefer an e-newsletter, or want you name removed from our mail list, please notify us at [info@arcofdentoncounty.org](mailto:info@arcofdentoncounty.org) or contact us at 972-436-8471 or 800-375-4520*

**A United Way Agency**

