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**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.

Phone or Fax: 800-375-4520

Phone or Fax: 972-436-8471

E-mail:

[info@arcofdentoncounty.org](mailto:info@arcofdentoncounty.org)

Website

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

A United Way Community  
Partner



# ARCLETTER



April 2008

Volume 08 Issue 4

## A NIGHT WITH THE STARS

The Arc of Denton County  
Cordially invites you to attend the  
Annual Awards Banquet  
April 21, 2008  
6:30 P.M.

Fremaux's Metropolitan Catering  
932 W. University Drive  
Denton, Texas

Dinner \$20.00 per person

RSVP and monies must be received no later than  
April 15, 2008

Call 800-375-4520 or 972-436-8471

To place your reservation  
Casual Dress

## SIBLING CAMPOUT BRIARWOOD RETREAT APRIL 12-13

The Arc of Denton County is hosting the annual sibling campout again this year. Participants need to be at least 5 years old and no older than 16. Camp consists of activities, cookout,

group discussion, and leisure time. This event gives siblings of children with disabilities a chance to meet other siblings and share their experiences.

Please call The Arc of Denton County at 800-375-4520 or 972-436-8471 for additional information.



# April 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Board Mtg.	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b> Sibling Camp
<b>13</b> Sibling Camp	<b>14</b>	<b>15</b>	<b>16</b> Self Advocate	<b>17</b>	<b>18</b>	<b>19</b> Kids Event
<b>20</b>	<b>21</b> Awards Banquet	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>			

Please call the Arc of Denton County at 972-436-8471 or 800-375-4520 or email us at [info@arcofdentoncounty.org](mailto:info@arcofdentoncounty.org) for any additional information on events listed above or check our website at [www.arcofdentoncounty.org](http://www.arcofdentoncounty.org).

## CLEANING OUT!!



**Donate to The Arc of Denton County**

Get involved with Arc! If you are cleaning out, please donate clothing and household items. Call 214-337-8900 to schedule a pick up of large items. If you have clothing to donate there are deposit boxes in Lewisville at this time.

The locations we have at this time are:

- Terrys Supermarket on Fox
- Albertson's on W. Main
- Lowes, close to service road
- WalMart Center on Main St (behind Payless Shoes)
- Fox Ave. and I-35 as you exit Fox
- WalMart at 3040 and 121

We will update this list as we get updates. The Arc of Denton County gets a percentage from the donated items for our programs

Note: New boxes coming to eastern Denton County soon!



## SPOTLIGHT: Is it allergies or is it a cold?

Springtime seems to be the time when sneezing, runny noses, and watery/itchy eyes hit. Sometimes it is difficult to figure out if the symptoms are caused by infection or by a reaction to something in the environment. Allergic reactions that are similar to cold symptoms are called allergic rhinitis.

Recognizing some distinguishing characteristics may help in figuring this out:

- Itchy eyes tend to be associated with allergies more than colds.
- The fluid of the runny nose of allergies tend to stay clear.
- Fever is not associated with allergic rhinitis, so if it is present, infection is most likely the cause.
- Many children with allergic rhinitis have parents or siblings with the same problem. These allergies tend to be hereditary.
- Sore throats or hoarse voice is usually caused by a cold, not allergies.
- Allergies tend to be seasonal for those allergic to things in the outside environment.
- Allergies caused by things found in the home (e.g. dust mites and pet dander) tend to cause symptoms to be worse at night when asleep.

Since the initial step in an allergic reaction is coming into contact with the thing one is allergic to (called an allergen), careful observation of when a child has allergic symptoms will provide clues to what could be causing the allergy. Parents should stay observant and keep a diary of when and where the allergy symptoms occur to help figure out the particular allergens that are bothering their child.

Some questions to ask are:

1. Do the symptoms occur at particular times of the year or all the time?
2. Are they worse indoors or outdoors?
3. Is your child around pets? Do the symptoms seem to be worse when around the pet, or even when just in the home of the pet's owner?
4. If your child has allergy symptoms most of the time, are they worse at certain times or in certain places?
5. Does anyone else in the family have allergies? What are they allergic to?
6. Does anyone smoke in the house? It is uncommon for a person to be "allergic" to smoke, but it is very common for those with allergies to be very sensitive to smoke as an irritant that makes allergic symptoms worse.

If careful observation does not help figure out what the child is allergic to, have the child evaluated by a doctor who can test for allergies.

HELP THE ARC EARN MONEY

**Donate to the Arc of Denton County while surfing the net**

Membership forms on back page of newsletter  
Join The Arc of Denton County and receive local, state, and national newsletters.

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

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.



Let no child be demeaned, nor have his wonder diminished, because of our ignorance or inactivity.

Let no child be deprived of discover, because we lack the resources to discover his needs.

Let no child ever doubt himself or his mind because we are unsure of our commitment.

*\_unknown*

NEW OR RENEWING MEMBERS

Jocelyn Schuh

DONATIONS

Gayle Hoit

Joe Pinson

Jocelyn Schuh

North Teas Rehab Asso.

Anonymous Donors

THE ARC'S CLASSIFIED ADS

**Darin and Angie Yocum, Realtors,  
RE/MAX DFW Associates II**



- Denton County Residents
- RE/MAX International Hall of Fame
- Certified Luxury Home Marketing Specialists

**972.402.4185**



Please call us for a free Custom Market Analysis of your home  
972.402.4185

[www.teamyocum.com](http://www.teamyocum.com)  
teamyocum@verizon.net

Each office independently owned and operated

THE ARC OF DENTON COUNTY'S WISH LIST

Paper goods for adult activities (cups, napkins, plates)  
HP ink cartridges 48 75 21 22 58

NOTES OF INTEREST

**Mailing List** on the mailing list!

If you receive our newsletter home from school and want to receive it in the mail, please call or fax us at:

800-375-4520  
972-436-8471

Or email us at: info@arcofdentoncounty.org

We will be glad to put you

**The New Idea**

Download or view a copy of the revised manual on the Arc of Texas website at [www.arcoftexas.org](http://www.arcoftexas.org)

This has information you need before attending an ARD at your school.

Barbara Hokamp, Ph.D. Announces the opening of her practice in a wide range of counseling in infant and toddler health. Dr, Hokamp has her degrees (B.S. in Special Education from Trinity University, M.A. in Special Education from TWU and her PH.D. in counseling psychology from TWU) in related fields of special interest to parents, educators, care providers, and consumers.

(940) 387-1680

*Barbara J. Hokamp, Ph. D.*  
Postdoctoral Resident  
Adults, Adolescents, Individual and Couples Therapy

Play Therapy  
Child Parent Relationship Therapy

927 N. Locust  
Denton, Texas 76201

Ads

\$15 a month \$150 a year

Self Advocate meetings are the 3rd Wednesday of each month and are held at 3600 E. McKinney St. Suite A in Denton. The meeting hours are 7:00 –8:30 pm.

The meetings are open to anyone over the age of 18 with a developmental disability..

Please join us and develop leadership skills, learn more about your rights and responsibilities, and learn about voting and decision making. These are just examples of the meeting topics

Call The Arc of Denton County at 972-436-8471 or 800-375-4520 for more information about

## PROM, PARTY, BRIDESMAIDS DRESSES NEEDED!!

**We have received many beautiful dresses but are still collecting them to make sure we can fit each and ever young lady attending this great event. We want to give a big THANK YOU!!**

The Arc of Denton County needs dresses for our upcoming semi formal event for adults with disabilities. This will be a semi formal dance and we are trying to locate dresses for everyone. Most of these adults have never experienced a prom or formal event and we want to make this an event they will cherish for a long time to come. If you have any dresses, and we can use items for the gentlemen, that you no longer need anymore, please contact The Arc of Denton County and let us make arrangements to get them from you. The response to this has been great but we still need more and we still need all sizes.



**We are in need of larger size dresses if you have any or know of anyone with some**

**This special event will be held in September 2008**

### **.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 in April .

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 TUESDAY, APRIL 1ST. 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)

**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)*

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

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

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.org](mailto:info@arcofdentoncounty.org)



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*If you have an address change, or prefer an e-newsletter, or want your 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.  
The editor of the ArcLetter writes as a non-professional. We attempt to report items of interest to our members. These items are not necessarily endorsed by The Arc of Denton County or reflect the opinion of The United Way. The Arc of Denton County does not promote any therapy, institution or professional system. Our desire is to bring information to families in an attempt to create an informative dialogue.*

A United Way Partner Agency

