

Board of Directors

- Gayle Hoyt-President
- Carol Foote-Secretary
- Carol Hinkle-Treasurer
- Renee Blanchard
- Raji Damle
- Kay Goodman
- David Horton
- Linda Martin
- Lauri Sprayberry
- Meg Taylor
- Marshall West

Project Coordinators

- Bonnie Lewallen

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

Website

www.arcofdentoncounty.org

A United Way Partner Agency



ARCLETTER



December 2007

Volume 07 Issue 12

JOIN THE ARC OF DENTON COUNTY

The Arc of Denton County will host our Holiday events on Saturday, December 8th.

The party for families of children with disabilities will be held from 1:00 –3:00 pm at Highland Shores Community Room in Highland Village.

We will have music therapist and other entertainment for the children. Please call the Arc of Denton County at 972-436-

8471 or 800-375-4520 no later than December 5th to let us know that you are planning to attend so that Santa will have a gift for each and every child.

The social for adults with disabilities will be held from 6:30—8.30 p.m. at Edu-Care, 3923 Morse Rd. #112 in Denton.

We will have games and refreshments and maybe a little dancing!

These events are open to family and friends of the participant with disabilities. Please call the Arc of Denton County to let us know that you are planning to join us so we know we have ample refreshments for everyone!



15TH ANNUAL INCLUSION WORKS CONFERENCE

The 15th Annual Inclusion Works Conference will be held February 20th—23rd at the Renaissance Austin Hotel. Visit the Arc of Texas website at: www.arcoftexas.org

and click on the registration box under Upcoming Events for more details.

This years event will be great as usual!!

Everyone Belongs
Everyone Contributes
Everyone is Treasured

Everyone

December 2007

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|------------|-------------------------|-----|-----|--------------|
| | | | | | | 1 |
| 2 | 3 | 4 Board | 5 | 6 | 7 | 8 Socials |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 Self Advocates | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

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

CLEANING OUT!!



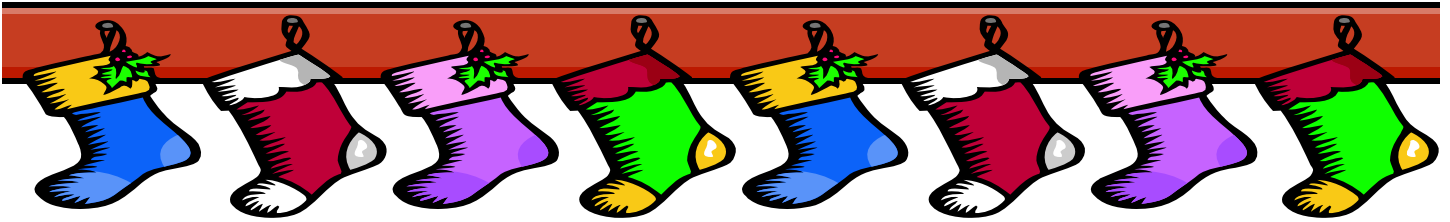
Donate to The Arc of Denton County

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 loca-

tions 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.



The Arc is hanging its stocking early this year
In hopes that your generosity will find us here.
What a good year '07 has been, 'tis true.
Many thanks to friends like you.

Our adult socials have led the way
With food, fun, and Elvis tunes to play.
Two costume nights were really nifty
With attendance right at one hundred fifty.

Camp Sib also had a record crowd.
(So bedtime got a little loud!)
Self Advocate Leaders met to learn new skills
Then enjoyed another round of convention thrills.

The Board held its yearly planning retreat
And the calendar for '08 is nearly complete.
More activities for little folks top the list
And our regular events are not to be missed.

So oooh and aaah over all Arc can do,
But we remember we can't do without you
And your support with talents and time.
(We also need your nickels and dimes!)

Happy holidays to you and your kin.
We hope you can participate and chip in
To assure that this schedule grows in all that we do.
It's a partnership you know...The Arc and YOU.

Please send your donations to: The Arc of Denton County
P.O. Box 1279
Denton, TX. 76202

Or you can use our PayPal button on our website at: www.arcofdentoncounty.org under Support the Arc
All donations are tax deductible.

H E L P T H E A R C E A R N M O N E Y

Donate to the Arc of Denton County while surfing the net



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.

**N E W O R R E N E W I N G
M E M B E R S**

Martha Gooding

D O N A T I O N S

Thanks goes to the following for their donation to The Arc of Denton County

Ms. Mainous

Kyle Lewallen

Kay Goodman

Lisa Sensale

Membership forms on back page of newsletter

Join The Arc of Denton County and receive local, state, and national newsletters.

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
teamyocum@bigfoot.com

Each office independently owned and operated

THE ARC OF DENTON COUNTY'S WISH LIST

11 x 17 copy paper for newsletters
Paper goods for adult activities (cups, napkins, plates)
HP ink cartridges 48 75 21 22 58

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

NOTES OF INTEREST

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

on the mailing list!

The New Idea

Download or view a copy of the revised manual on the Arc of Texas website at

www.arcoftexas.org

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

Employment Resources

- Americans with Disabilities Act Hotline
800-949-4232
- Consumer Rights and Services
800-458-9858
- Department of Aging and Disability Services (DADS)
800-628-5115
- Job Accommodation Network
800-ADA-WORK
- Social Security Administration
800-772-1213
- Relay Texas (Hearing-Speech challenged)
800-735-2989 (TDD)
800-735.2988 (Voice)

PROM, PARTY, BRIDESMAIDS DRESSES NEEDED!!

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



SELF ADVOCATE LEADERS OF DENTON COUNTY

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 dis-

ability..

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 these meetings or for directions to the meetings.

December meeting will be a Holiday Celebration.

Watch for information on our second annual Mardi Gras Fundraiser!!



Holiday Stress Busters for Big and Little People

The holiday season is upon us. It is a time for family get-togethers, decorating, shopping, gift wrapping, baking, and attending special activities. Holidays are supposed to be a time of enjoyment and happiness, but instead you and your family may feel stressed because of the extra demands placed upon already busy schedules.

Relieving some of the stress during the holidays can best be accomplished by getting the whole family involved in tackling holiday tasks and activities. The following ideas can help you and your family work together to reduce holiday stress.

- Sit down as a family and come up with a list of all the things that need to be done during the holidays (shopping, card signing, cleaning, etc.). Delegate or let family members volunteer to help.
- Make a December calendar. Include dates and times of all activities to be attended, and a schedule of when tasks such as cleaning, baking, and shopping need to be done.
- Take a look at your family's holiday activities. Are there things that you do each year but really do not enjoy? If so, consider not doing the activity any longer or doing it in a different way.
- Plan easy meals. Double-batch your favorite casseroles and put one in the freezer for a quick meal on a busy day.
- Take a few minutes each day for yourself and do something relaxing.
- Keep meal and sleep routines as close to normal as possible to prevent children from becoming cranky and overtired.
- Expect young children to misbehave occasionally. Remember they have short attention spans.
- Make time for family fun! Plan fun activities together such as baking cookies, trimming the tree, caroling, or taking a drive to see the local light displays.

Making the Holidays Special

Be sure to set aside some time to do special activities with your child during this busy month. Involving your child in preparing for the holiday festivities makes them feel important and can also provide an excellent opportunity for one-on-one time. Why not try letting your child make their own beautiful wrapping paper for gift giving this year?

Materials Needed:

Brown paper bags (cut open)

White or colored tissue, or butcher wrap

Household sponges cut into a variety of shapes (triangles, squares, circles, etc.)

Tempera paint. Crayons, or markers

Paper plates

Directions:

Together, cover a large table with newspaper. If using paint, help your child spread a thin layer of paint in each plate.

Crayons or markers may also be used to draw designs if paint is not available.

Slightly dampen sponges. Encourage your child to select sponge shapes and press them into the paint. Then place them on the paper and press down to print shapes. (Your child might want to wipe paint on the paper with sponges rather than making prints. That's OK. Hand prints are cool too!)

Let your child make several sheets of wrapping paper. This would be a wonderful way to package those special gifts for Mom, Dad, Grandpa, Grandma or any other special people

The Arc of Denton
County wishes each and
everyone of you a very
special
Holiday Season
And
A Very Happy

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:



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 your name removed from our mail list, please notify us at 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

