

# News in INDIANA

Vol. 51, No. 4

Empowering People. Inspiring Change.

Winter, 2009

## Economy Drives State Revenue Down

Funding for Education and Medicaid at Risk; Actions by Congress and General Assembly Critical

Key programs in schools and community programs funded by state and federal government are at risk due to the plunging economy. The national news has been bleak as home foreclosures, job layoffs and business closures have filled papers and television news shows. The impact on state revenue is now being felt.

With nearly 80% of the state's budget dependent on sales tax (49%) and individual income tax (33%), the economy drives how much money the Indiana General Assembly has to fund education and community programs for people with disabilities. And because both areas are such large, critical parts of the

budget, education for kindergarten through high school is 46% of the budget, and Medicaid which funds over 80% of community programs is 12%, they have become very big targets for budget writers.

The revenue forecast for the state, which projects how much the state will take in from all of the major sources of revenue: sales taxes, personal income taxes, corporate income tax, and gambling taxes, is a key part of building the budget for the state. In January our state legislators, including over 30 new state representatives and senators, will begin working on a budget that will determine what will be approved for the next two years.

Pressure is going to be great on our legislators. Many predict it will be a very difficult session. What can be done?

Congress is considering an economic stimulus bill that would increase the federal share of spending for Medicaid. That would be essential in maintaining our current programs and continuing to meet the emergency situations faced by Hoosier families. Your help is needed in contacting your members of Congress and Indiana's U.S. Senators, Richard Lugar and Evan Bayh, to support Medicaid funding increases to stabilize the program.

It is estimated that nearly 30,000 Hoosiers have jobs supporting people with dis-

abilities through Medicaid.

The General Assembly must also plan for Medicaid. It is estimated Indiana's Medicaid program needs a 5% increase just to meet current commitments, and in a struggling economy more people need Medicaid because they lose health benefits. Our state legislators need to hear from you as well.

You can e-mail your U.S. Senators, Congressman, and State Senators and Representatives through The Arc of Indiana's web site: www.arcind.org, click on: "Legislative Action Center."

Lastly, Hoosiers with disabilities are touched every day by an economy that is hurting. Congress and our Gen-

eral Assembly need to make the critical investments that will grow jobs, stop home foreclosures and build our economy. This will be a difficult task. Meeting the needs of Hoosiers while finding money to build our economy will be difficult. The Arc of Indiana can send you weekly updates on what is happening that affects people with disabilities when you sign up to receive our Action Alerts. Again, go to our web site at www.arcind.org and click on: "Public Policy Advocacy."

Please respond with your elected officials and keep them aware of what their actions mean to people you know and love.

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## Study Finds Indiana Expanding Home and Community Based Services

# While Spending Less in Total Funding for Services to People with Intellectual/Developmental Disabilities

A study conducted by Dr. David Braddock, "Intellectual And Developmental Disabilities Services In Indiana: 2008," finds that Indiana is a national leader in closing state institutions, using funds from closures to increase community based services—all while saving taxpayer dollars. Following are the major findings from Dr. Braddock's study:

Indiana now operates no state-operated institutions for people with intellectual and other developmental disabilities (I/DD). Indiana is the most populated state to have closed all of its state operated institutions exclusively serving people with I/DD. Other states that no longer have state institutions include: Alaska,

Hawaii, Maine, Minnesota, New Hampshire, New Mexico, Rhode Island, Vermont, West Virginia and D.C. State government leadership, community providers and consumers in Indiana collaborated successfully during

From 1977 to 1988, the number of people living in I/DD institutions fell an average 3% per year. During 1999—2008 the number of people living in I/DD institutions fell 18% per year.

During 2005-08, total I/DD spending in Indiana dropped 13% in real terms, and institutional spending declined 68% as the Muscatatuck and Fort Wayne Development Centers were closed.

Total spending for I/DD services in Indiana, adjusted for inflation, fell by six percent in 2006, four percent in 2007 and three percent in 2008.

State government leadership, community providers and consumers in Indiana collaborated successfully during the past decade to develop Home and Community Based Waiver services as the major federal financing component for community services, an important achievement. New initiatives include:

- allowing high school graduates with I/DD to enroll in the Support Services Waiver without being on a waiting list.
- assuring eligibility for appropriate services and supports for all family caregivers aged 80 and above and for persons with I/DD who lose

- shelter, lose a caregiver to death or illness or age out of a children's program.
- providing Waiver services for all nursing facility residents who wish to access community service.
- providing a commitment of \$11 million in annual funding for 24-hour crisis intervention services for persons with I/DD and behavioral support needs.

Several studies have shown that 75-90% of people with I/DD living in nursing facilities could move to community based residential programs. Indiana now provides that all

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#### STUDY, from page 2

persons with I/DD living in nursing facilities who wish to move to community and family settings are eligible to do so under the Developmental Disabilities Medicaid Waiver.

Indiana has made significant progress during the current administration in reducing waiting lists which fell by 2,000 persons between September 2006 and June 2008.

### Buddy Walk at White River Park

The Arc of Indiana was proud to participate in The 2008 Down Syndrome Indiana Buddy Walk on Saturday October 11th, at White River State Park in Indianapolis.

The Buddy Walk is a fundraising event designed to raise awareness about people with Down syndrome. The 2008 walk raised over \$143,000.

Learn more about Down Syndrome Indiana by visiting their web site at: www.indianadsf.org



Mike Eckhoff, Treasurer of DADS of Southern Indiana, and his daughter Carmen enjoyed a beautiful day at the 2008 Buddy Walk.

# Senator Robert Meeks Recipient of Lifetime Achievement Award

The Arc of Indiana recently honored retired State Senator Robert Meeks (R-LaGrange) with its Lifetime Achievement Award in recognition of his years of service and commitment to people with developmental disabilities and their families. The award was presented at a special breakfast in Indianapolis on October 8, 2008

In 1998, Senator Meeks became a champion of Indiana's 317 Plan, a comprehensive plan for home and community based services for people with developmental disabilities. The 317 Plan laid the groundwork for people with intellectual and other developmental disabilities to move off of the state's long waiting list for Medicaid waiver services and into services in local communities. In his roles on the Senate Finance and Appropriations Committees, Senator Meeks was instrumental in securing funding to help thousands of people receive home and community based services.

Senator Meeks made sure that cost savings generated from the closure of Fort Wayne State Developmental Center and Silvercrest Children's Hospital remained in the developmental disability system. Indiana is now the largest state without a state-funded institution for people with developmental disabilities. That achievement could not have been reached without the support of Senator Meeks.

Senator Meeks was also involved with Arc Opportunities, the local chapter of The Arc in LaGrange County, playing a key role in



Senator Robert Meeks with Kim Dodson, Associate Executive Director of The Arc of Indiana

securing a grant to aid Arc Opportunities in building a new facility.

John Dickerson, Executive Director, The Arc of Indiana, said, "It has been an honor to work with Senator Meeks. While he has retired from the Indiana Senate, he will always be a trusted friend of The Arc. Indiana is a better place for people with disabilities thanks to Senator Meeks."

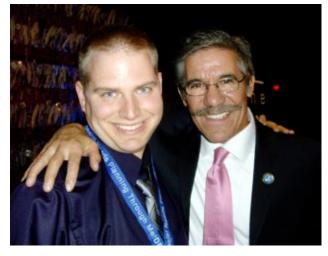
### News from The Arc US

### The Arc US Conference Inspires Geraldo Rivera to Take on Waiting List Crisis

At the Opening Plenary Session of The Arc US 2008 National Convention television journalist Geraldo Rivera was visibly moved by self-advocates, family members and Arc chapter leaders when they shared their stories of long waiting lists for services. Geraldo pledged to use his show on the FOX network to bring awareness of the waiting list crisis facing people with disabilities and their families. The show aired December 26 and 27. Geraldo Rivera's exposé of Willowbrook, an institution in New York, led to its closure and brought him national attention as an investigative journalist.

### **Legal Team Gearing Up to Study Waiting List Problem**

The international law firm DLA Piper will represent The Arc US in a *pro bono* project to assess and



Kurt Bassett met Geraldo Rivera at The Arc US National Conference in November, 2008. The conference inspired Geraldo to use his show to bring awareness to the national waiting list crisis. Kurt's mother, Sue Bassett, was elected to The Arc US Board of Directors at the conference.

document the current status of the waiting list in all 50 states and the District of Columbia, study and evaluate current and prior efforts to address the waiting list, and provide The Arc with policy and strategy recommendations. DLA has assembled a team of 70+ attorneys, nationwide, who have volunteered to work on the project. The research and policy analysis project began in December, 2008, and a first report is expected in late winter.

# Indiana Represented on The Arc US Board of Directors

Sue Bassett, a member of The Arc of Indiana board of directors and a member of Arc Opportunities, local chapter of The Arc in LaGrange county, has been elected to serve on the board of directors of The Arc US. Indiana's delegation to The Arc US national convention led a spirited campaign to elect Sue under the theme, "Elect Sue Bee." It is rumored that the distribution of Bit 'O Honey candy to promote Sue's election may have tipped the vote in her favor. **Deb Seman**, a longtime local Arc executive director, was elected to the board to represent the National Conference of Executives of The Arc (NCE).



**The Arc of Indiana** has adopted a new logo and message, *Empowering People. Inspiring Change.*, designed to drive The Arc's purpose and mission:

- empowering families with information and resources to assist them in their journey of raising a child with a disability to lead a full and meaningful life.
- empowering people with intellectual and other development disabilities to be self sufficient and independent to the greatest extent possible.
- inspiring positive change in public policy and public attitudes.

With this new message The Arc renews the commitment made by the parents who founded the organization in 1956 to build a better and more accepting world for their sons and daughters.

In the coming months The Arc will launch an updated web site, www.arcind.org, and will release a series of informational videos, fact sheets and brochures to better inform families and people with disabilities about programs, services and networks of supports.

As The Arc enters its 52nd year of service, we look forward to the many ways we will, together, live our mission— Empowering People. Inspiring Change.

### THE ARC OF INDIANA STRATEGIC PLAN 2009-2011

# "Empowering People. Inspiring Change." sets the tone for the future of The Arc

Individuals with disabilities, parents, family members, volunteers and other community members are the driving force of The Arc.

The Mission and Core Values of The Arc guide our actions and decisions:

People First
Community Participation
Democracy
Visionary Leadership
Diversity, Integrity and Excellence

One of The Arc's greatest beliefs is in the importance of personal responsibility and individual development. We have long championed the importance of self sufficiency and independence for people with developmental disabilities to the greatest extent possible. Today we not only must talk about self-advocacy and self-determination, but also entrepreneurship, new models of natural and paid supports, and equity among individuals and families needing support.

The Arc of Indiana's Strategic Plan for 2009–2011 is an important step in *Empowering People*. *Inspiring Change*.

Following is a summary of the six *visions* that comprise the strategic plan. To read the entire strategic plan, visit our web site at *www.arcind.org* and click on "About The Arc."

# **2009–2011 Strategic Plan Visions and Themes**

Vision 1: The Arc of Indiana leads in maximizing individual potential of people with disabilities.

Themes: Quality of life is promoted by enhanced individual initiative, personal choice, and self-directed supports. Resources are available for a comprehensive community of professionals—teachers, direct care staff and caseworkers, health care professionals, finance and legal professionals and others—to support individuals with disabilities and their families. Every individual with a disability has an advocate, guardian or personal support network.

Vision 2: The Arc of Indiana helps all individuals and families receive necessary services and supports in a timely fashion.

**Themes:** The waiting list is eliminated. Individuals with disabilities and their families immediately receive information and support. **Personalized plans** and informed choices are the basis of all services and supports.

Vision: 3: The Arc of Indiana promotes quality inclusive education for all students with disabilities.

**Themes:** Children born with a disability or developmental delay receive quality intervention services and easy transition to public schools. **Every student** with a disability has a quality, inclusive education in the least restrictive environment.

Every student with a disability has an effective school to work as well as opportunities for continued lifelong learning.

Vision 4: The Arc of Indiana leads in influencing public policy to promote and protect the rights, self-sufficiency and independence of individuals with disabilities.

**Themes:** The Arc educates public officials and inspire them to be champions of positive policy for individuals with disabilities. **Public policy** promotes opportunities for individuals with disabilities to learn, live, work and play in inclusive communities.

Vision 5: The Arc of Indiana leads in increasing public awareness of the potential of individuals with disabilities.

**Themes:** The public recognizes the abilities, accomplishments and inherent value of individuals with disabilities. Public awareness is increased in every county. The Arc's name and mission is recognized statewide.

Vision 6: The Arc of Indiana continues to develop the capacity and promote a collaborative, community-owned organization at the local and state level.

**Themes:** The Arc facilitates membership growth and diversity. The Arc diversifies and strengthens its funding strategies to ensure resources to accomplish its mission. Collaborations and partnerships with other organizations enhance the mission of The Arc.

### THE ARC OF INDIANA 2009 PUBLIC POLICY AGENDA

As the 2009 session of the Indiana General Assembly begins, much is at play. The current economic situation has everyone on standby. How will the state be affected? How much money will be made available for the budget? What does the future hold with a new President? These are questions facing policymakers as they prepare to draft Indiana's next biennial budget.

We know the needs of people with intellectual and other developmental disabilities are great. We realize the needs may become greater if jobs are cut and the economy does not turn around. We must continue to put the needs of people with intellectual and other developmental disabilities in front of the Indiana General Assembly. We need to make sure that in these difficult times Indiana's most vulnerable population is not made more vulnerable.

We must continue to work with the state as it measures the implications of modernizing the Medicaid eligibility system. We must keep in mind the goal of streamlining the process rather than making it more difficult to receive services. We must also remain at the table for the implementation of Care Select and work with the medical community to find more doctors who are willing to see patients who receive Medicaid services.

The Arc of Indiana will remain a key partner with the administration in looking for ways to serve the most people in the most cost effective way. We will continue to push for equality in the system but will not lose sight of what is in the best interest of families and individuals with intellectual and other developmental disabilities.

Following is a summary of key areas The Arc of Indiana will work on in the 2009 legislative session. To review The Arc of Indiana's complete public policy agenda, please visit our web site at: www.arcind.org and click on "Public Policy Advocacy."

#### **Biennial Budget**

The Arc of Indiana's top legislative priority for 2009 will be to secure funding for home and community based services for people with intellectual and other developmental disabilities. Indiana is facing touch economic times, and revenue forecasts have fallen short of expectations. We will need to preserve the funding we have received over the last decade and plead our case for additional funding to reduce the state's long waiting lists for Medicaid waivers.

It is estimated that nearly 13,000 people are waiting for a Medicaid waiver, hoping for services to increase their independence and allow them to live successfully in the community.

It is estimated that nearly 13,000 people are waiting for a Medicaid waiver.

The Commission on Mental Retardation and Developmental Disabilities (MRDD Commission) passed a preliminary resolution this summer that will be introduced during the legislative session to move at least 10% of the people on the Medicaid waiver waiting lists into home and community based services. The Arc of Indi-

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The Arc of Indiana will soon launch a new web site designed to provide information and resources to families and self-advocates.

ana will actively pursue passage of this resolution.

#### **Priority Legislation**

In addition to the biennial budget, The Arc of Indiana will actively work on the following legislative issues:

Renaming of the Commission on Mental Retardation and Developmental Disabilities (MRDD Commission) to the Commission on Developmental Disabilities.

Seeking an appropriation of \$2 million for the continuation of the Indiana Adult Guardianship Services Project.

Protecting the availability of local county funding for services to people with intellectual and other developmental disabilities utilized by community developmental disability agencies.

#### **Supporting Legislation**

The Arc of Indiana will support passage of the following legislative issues:

Establishment of an interim legislative committee to study the reform of Indiana's criminal justice system to address the needs of people with developmental disabilities.

Establishment of an interim legislative committee to study the issue of establishing law enforcement protocols for identifying, investigating and prosecuting sexual assaults and other crimes committed against people with intellectual and other developmental disabilities.

The Arc of Indiana will support passage of legislation to reform the criminal justice system, establish law enforcement protocols and train firefighter and law enforcement personnel to address the needs of persons with developmental disabilities.

Requirement that certain firefighter and law enforcement personnel to be trained in interacting with individuals with autism, intellectual and other developmental disabilities.

Allocation of \$1.9 million in funding for the biennium for regional autism resource centers.

Increased funding of the Autism Resource Center at Indiana University to total \$700,000 for the biennium.

Moving Forward

# The Arc of Tomorrow project looks to the future

Six months ago The Arc of Indiana initiated a new project, "The Arc of Tomorrow." Representatives from eight local chapters are participating in a two-year effort to develop a plan for what chapters of The Arc should look like in the future. Participants include Arc members, family members, selfadvocates and staff who have agreed to be involved in meetings and trainings every other month. Local chapter representatives are hearing and learning from state and national speakers who are sharing their expertise on the changing non-profit world, services and supports to people, the education of children with disabilities, and outreach and new technology for keeping people in touch.

One of the early speakers, Peter Berns, Executive Director of The Arc of the US, shared the national survey conducted this summer about the "State of The Arc." Results from the study indicated 54% of the survey respondents believe The Arc US is close to realizing the vision from 1952 to create

a strong movement that brings together associations to improve the lives of people with developmental disabilities. Yet it is acknowledged that there is still a long way to go. Berns noted the many realities/obstacles The Arc faces at all levels, including "respect" and public attitudes.

The results also emphasize the importance of membership. Berns noted that to have *power* you must have *people*. Power comes from involving people. The Arc needs to find ways to structure this, creating opportunities to empower and involve people.

Such messages will help The Arc of Tomorrow initiative as it continues its work. Participating chapters include The Arc in Bartholomew, Jackson, Tippecanoe Dearborn Counties; KCARC (Knox County) Achieve Resources (Wayne, Fayette, Franklin and Union Counties), Noble/The Arc of Greater Indianapolis (Marion and Hamilton Counties), and Jayland Arc (Jay County).

The Arc of Indiana partners with Indiana Institute on Disability and Community to create lab in Indianapolis

## COVOH Collaborative Work Lab Established

Thanks to a generous donation from COVOH, Council of Volunteers and Organizations for Hoosiers with Disabilities, The Arc of Indiana, in partnership with the Indiana Institute on Disability and Community (IIDC), will open a Collaborative Work Lab in the spring of 2009. The lab will be named in honor of COVOH leaders Amy Cook Lurvey, Muriel Lee and Henry Schroeder.



IIDC currently operates a Collaborative Work Lab at Indiana University in Bloomington. The lab provides a state-of-the-art computer-supported meeting. In the lab each person's computer is linked to the others for information exchange, and a facilitator guides the group through a series of activities designed to maximize the contributions of each member and reach group goals.

The Arc of Indiana will open the lab in the spring when we move to new offices on the 8th floor of our current building. It will not only be made available to local chapters of The Arc, but also to other organizations and businesses.

Beginning in 1969, COVOH brought self-advocates, family members and providers together to discuss the best ways to serve people with disabilities throughout the lifespan.

From committees, to focus groups, to conferences, to an active presence at the State Legislature, COVOH made a positive impact on systems change in Indiana. COVOH tirelessly promoted the interests of people with disabilities while building a network of new leaders among families and people with disabilities.

While COVOH is no longer operating, it is hoped that the new leaders COVOH helped cultivate will continue to work for full participation and unlimited opportunities for people with disabilities. This can only come from strong partnerships between people with disabilities, families, schools, businesses, community members and government.

The COVOH Collaborative Work Lab will carry on COVOH's tradition of bringing diverse groups of people together to conduct positive dialogue and to create positive change for people with disabilities and their families.

You can learn more about the Collaborative Work Lab by visiting http://www.iidc.indiana.edu/cpps/cwlab.html





Computer-supported meetings in the lab are designed to maximize contributions by each member and reach group goals.

### Videos on The Arc of Indiana Web Site Designed to Educate, Inform

Watch The Arc of Indiana's web site, www.arcind.org, for videos designed to educate parents, self-advocates and the public about programs and services for people with developmental disabilities

The short 3-4 minute videos will provide information on Indiana's Medicaid Waiver program and opportunities to receive Medicaid Waiver services without having to be on a waiting list. This includes young adults who recently left special education programs, caregivers age 80 and older, and people who wish to move out of nursing homes.

Other videos cover information on steps to take after learning your child has a developmental disability and planning for the future. Visitors to our web site will also find videos on self-advocacy and The Arc of Indiana.



The Fletcher family generously told their story of raising three children, two of whom have Fragile X Syndrome, for the video, "What To Do Next," that will be available on The Arc of Indiana's web site.

Indiana's Medicaid Waiver Program

Home and Community Based Services for People with Developmental Disabilities

#### Indiana's Support Services Medicaid Waiver

Services for Special Education Graduates & Others with Developmental Disabilities

#### **Help For Aging Caregivers**

Indiana's Medicaid Waiver Program Can Help

#### **Moving From a Nursing Home**

Indiana's Medicaid Waiver Program Can Make it Happen

#### What To Do Next

Steps to Take When You Learn Your Child has a Developmental Disability

#### **Planning for the Future**

Steps to Take when Your Child has a Disability

**About Self Advocacy** Speaking for Ourselves

**About The Arc of Indiana** We're Here to Help



Laurie Buschmann, Fusework Studios, shows Susan Keiser how her story of moving out of a nursing home will appear in the video Fusework produced for The Arc of Indiana web site.

## Endowment Fund Honors Past Arc President, George Rowlas

KCARC helped initiate
The Arc endowment effort



Jane and George Rowlas

In 2006 The Arc of Indiana launched an endowment campaign to raise important funds to ensure the future of the organization. Leading the endowment effort was KCARC, local chapter of The Arc in Knox County, and George Rowlas, President of The Arc of Indiana at that time.

In October 2007, George lost a long and hard-fought battle with cancer. During this year's Appreciation Luncheon, the endowment fund was renamed in honor of George. To kick off this new endeavor, KCARC presented The George Rowlas Endowment Fund with a check for \$50,000. This generous donation was part of a matching gift pledge made by KCARC.

To date KCARC has matched \$94,000 in donations and will continue to match the next \$31,000. For more information on the endowment effort or to make a donation, please contact Jill Vaught, Director of Development at 317-977-2375 or jvaught@arcind.org

# Special Projects of The Arc — We're Here to Help

#### The Arc Network

The Arc Network is a state wide network of family advocates and self-advocates, working in each Bureau of Developmental Disabilities Services (BDDS) District. The Arc Network includes parents of persons with disabilities of all ages, self-advocates with a variety of experiences and ages, and siblings of persons with disabilities.



The Arc Network is a state wide network of family advocates and self-advocates

The Arc Network is a local resource to:

- Provide information on Supported Living and Medicaid Waivers.
- Provide information to residents of nursing homes about programs and supports available to help them move to the community.
- Help connect people who have moved from a state institution with local self-advocacy groups.
- Assist in the development and promotion of consumer participation in self directed care initiatives and FSSA quality assurance outcome measures.

The Arc Network is supported through a grant from the Indiana Family and Social Services Administration

#### **Minority Outreach Project**

The Arc of Indiana's Minority Outreach Project is now in the third year of its outreach project to African-Americans and Hispanic/Latinos with disabilities. Throughout 2009 the Minority Outreach Project will work to:

- Provide information to families, students, teachers, social workers, churches, and others in the minority community on programs and services available to people with disabilities.
- Work with The Arc Network—a statewide network of family advocates and self-advocates working through The Arc of Indiana, local Arc chapters and Vocational Rehabilitation to develop a coordinated approach to serving minorities with disabilities.



- Increase the number of minority referrals to Vocational Rehabilitation.
- Increase employment of minorities with disabilities.
- Provide technical assistance and training to vocational rehabilitation, community rehabilitation agencies, and community minority organizations.
- Conduct research and encourage the development of Career Pathways for people from diverse cultures to work in the rehabilitation/disability field.

The Minority Outreach Project is supported through a grant from the Indiana Family and Social Services Administration, Bureau of Vocational Rehabilitation.



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# Indiana Adult Services Guardianship Project Developing Pilot Programs in Six Counties

The Indiana Adult Guardianship Services (IAGS) Project is working to develop community-based adult guardianship services for adults ages 18 and older who are incapable of handling their own personal and financial affairs.

Throughout 2009 IAGS will work to develop six community-based pilot guardianship services programs in the counties of Allen, Elkhart, Lawrence, St. Joseph, Tippecanoe, and Vanderburgh. Local chapters of The Arc have been asked to serve as the lead agency for the project in their area.

In May, 2009 IAGS will sponsor a symposium on guardianship needs, services, regulation and resources designed for judges, lawyers, families and providers.

Throughout 2009 IAGS will work to develop six community-based pilot guardianship services



IAGS is sponsored by The Arc of Indiana, with funding provided through the Family and Social Services Administration Division of Disability and Rehabilitative Services.

# 2008 Report on The Arc of Indiana Master Trust

n October 24, 2008 The Arc of Indiana Master Trust I celebrated its 20th Anniversary. Trust II was established in January of 1995. On October 20, 2008 we recorded our 2,000th Trust II enrollment. Total deposits for both Trusts reached a record \$32 million as of September 30, 2008.

There are currently 1,617 open trusts with The Arc of Indiana Master Trust. Of those, 960 are actively receiving distributions from either Trust I or Trust II accounts. 150 accounts are funded but are not currently receiving distributions, and there are 517 unfunded Trust I accounts.

January of 2008 brought in a change of leadership to the Trust when Melissa Justice took over the position of Trust Director. Prior to assuming this position, Melissa served The Arc of Indiana for twelve years as Controller and later as both Controller and supervisor for financial management of The Arc Master Trust.

In September, Brandi Davis came on board full-time as Trust Account Manager, primarily responsible for Trust I and Trust II disbursements. Geyssel Gonzalez and Elizabeth Clayton continue their work with The Arc Trust.

In 2008 The Arc Trust also implemented a new software system designed just for The Arc of Indiana. This new software system has made the staff much more efficient, allowing them only to access one database rather than four different types of software needed prior to implementation.

The downturn in the market in 2008, especially in the second half of the year, presents challenges that we are directly addressing. The National Bank of Indianapolis, where Trust funds are on deposit, issued a statement in July of 2008 which showed the financial stability of this institution. Following meetings with The National Bank of Indianapolis, a temporary change in our Investment Policy was approved by The Arc of Indiana's Board of Directors in August. The change allowed The Arc to invest the Trust I pool even more conser-

vatively than in the past in an effort to curb the losses that the financial markets were experiencing. This situation is on-going and continues to be closely monitored by both The Arc of Indiana staff and The National Bank of Indianapolis.

The 2008 User Satisfaction Survey was completed during the summer. The survey provides valuable feedback to The Arc, families already enrolled and families thinking about enrolling. Please contact The Arc Trust if you would like a copy of the 2008 User Satisfaction Survey. You can also find it on The Arc of Indiana's web site at www.arcind.org

One goal of Trust I is to continue some level of disbursement for every beneficiary, even if his or her account is completely depleted. To do this we have established the Trust Remainder Fund. This fund contains the remainder amounts from third party and self-funded trusts that have been designated to The Arc. The Remainder Fund has also been available to help address needs of people with disabilities. From the Remainder Fund, The Arc of Indiana Board of Directors approved the use of \$50,000 (in honor of The Arc's 50th anniversary) in 2008 to help pay for winter heating for recipients of Supplemental Security Income or Medicaid Disability. A portion of the winter heating assistance money was then used for Disaster Relief for people with disabilities in counties that were hard hit by severe weather in the early summer. The 2009 Winter Heating Assistance fund will provide \$30,000 which will provide assistance to 300 people.

The Arc Master Trust looks forward to the next 20 years of serving those persons whose parents wish to provide for them or who have funded their own trusts. The Trust strives each day to provide the best, most reliable and responsive service possible to its clients.

Please do not hesitate to contact The Arc Trust at 317-977-2375 or 800-382-9100.



### The Arc of Indiana Staff

### Contact Us. We're Here to Help.

317-977-2375 • 800-382-9100 • www.arcind.org

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Director of Family Education and Community Resources Jill Ginn

Associate Director of Family Education and Community Resources **Betty Williams** 

Coordinator of Consumer Education and Training

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BDDS District 2—Cass, Elkhart, Fulton, Howard, Kosciusko, LaPorte, Marshall, Miami, St Joseph, Tipton, Wabash

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BDDS District 4—Benton, Carroll, Clay, Clinton, Fountain, Monroe, Montgomery, Owen, Parke, Putnam, Sullivan, Tippecanoe, Vermillion, Vigo, Warren, White

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BDDS District 6—Blackford,
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Henry, Jay, Madison, Randolph,
Rush, Union, Wayne

Maggie Mattingly—

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BDDS District 7—Daviess, Dubois, Gibson, Greene, Knox, Martin, Perry, Pike, Posey, Spencer, Vanderburgh, Warrick

Paul Brewster—paul.brewster@pcarc.org
Halie Bruder—jwhite@evansvillearc.org

BDDS District 8—Clark, Crawford, Floyd, Harrison, Lawrence, Orange, Scott, Washington, Bartholomew, Brown, Dearborn, Decatur, Jackson, Jefferson, Jennings, Ohio, Ripley, Switzerland

Kerry Bonney—kerrybonney@verizon.net
Joya Buddo—arcnet.joya@gmail.com

# Membership Recognition

Seven local chapters of The Arc were honored at The Arc of Indiana's 2008 Appreciation Luncheon for their outstanding membership drive efforts in 2008.

#### Noble / The Arc of Greater Indianapolis

316 new members

Noble / The Arc of Greater Indianapolis was also the recipient of The Arc's newly established "Traveling Trophy" in recognition of recruiting the most new members.

#### **Evansville Arc**

136 new members

Arc Opportunities, local chapter of The Arc in LaGrange County 108 members

Arc BRIDGES, local chapter of
The Arc in Lake, Porter, and LaPorte Counties
90 members

The Arc of Bartholomew County 69 members

Arc Rehab Services, local chapter of The Arc in Boone County 44 members

> ADEC, local chapter of The Arc in Elkhart County 30 members

## Funding Awarded to New Self-Advocate Groups

The Arc of Indiana was pleased to award \$2,000 in start-up funds to eight new self-advocate groups in 2008.

Advocacy Angels, Warsaw
Arc BRIDGES Self-Advocates
Awesome Westside Advocates, Avon
Bloomington Self-Advocates
Howard County Self-Advocates
OPG Aces, Noblesville
Self Advocates of Cass County
South Western Advocacy Group, Evansville

Funding to assist new self-advocacy groups is still available. Contact Nanette Whightsel, Director of Family Education and Community Resources, at 317-977-2375, 800-382-9100, or nwhightsel@arcind.org

# Congratulations to The Arc of Indiana's 2008 Award Recipients

Employment Award BR ASSOCIATES, INC. Evansville

Education Award
SHERI McKEE
Muncie Southside High School

Outstanding Advocate Award VINCENNES CUB LEAGUE, INC. Vincennes

Community Living Award

MARTHA FRUTCHEY, Arc BRIDGES

Gary

Development of The Arc Award
WESTERN NEWSPAPER PUBLISHING COMPANY
Indianapolis

Media Award
MICHELLE KINSEY
Muncie Star Press

Cathleen Clark Professional Service Award JOYCE ROBINSON, Arc BRIDGES
Gary

Outstanding Professional Achievement

DR. GEORGE VAN HORN

Director of Bartholomew County Special Services Cooperative

Columbus

Citizenship Award RONALD LOGSDON Cedar Lake

Sycamore Award
STEVE HINKLE
President of Easter Seals Arc of Northeast Indiana





A remarkable group of individuals received awards at The Arc of Indiana Awards Banquet. Among them were Steve Hinkle, left, recipient of the Sycamore Award, and Ronald Logsdon, right, the Citizenship Award.

## **Thanks to our 2008 Sponsors**

Thanks to all the wonderful sponsors of The Arc of Indiana's 2008 Events.

#### 1st Annual Texas Hold'Em Charity Event

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**Event Sponsors** 

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Jeff Brown, MB2 Advertising

#### **Lifetime Achievement Breakfast**

Duke Energy ICEArc

#### **Appreciation Luncheon**

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Wabash Center

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Bronze Sponsors INARF

Noble of Indiana

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### Steve Green's The Arc of Indiana 19th Annual Golf Tournament

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Hoosier Prairie Arc

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Eric Ambler

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Indiana Bankers Association

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### The Arc of Indiana Page—on Facebook!

The Internet offers new ways to communicate and connect advocates, families, and people with disabilities.

Facebook is a networking site that connects people with friends, co-workers, and people with similar interests. We hope that The Arc of Indiana page on Facebook will help connect people of all ages and backgrounds who share a connection to developmental disabilities.

We encourage you to join Facebook and "become a fan of" The Arc of Indiana page. Here is all you need to do:

#### Anyone can join Facebook

All that's needed to join Facebook is a valid email address.

- Go to: www.facebook.com
- Click on the green "Sign Up" button.
- Follow the directions for creating your Facebook page.

• You can use privacy settings at any time to control who can see what on Facebook.

#### Become a Fan of The Arc of Indiana Page

- Once you have joined Facebook, you can find The Arc of Indiana page.
- Just type "The Arc of Indiana" into the Facebook search box.
- Once you have found our page, you can click on an option called "Become a Fan of The Arc of Indiana."
- The Arc logo and link to The Arc of Indiana page will be displayed on your Facebook page—helping to promote The Arc and connect others to The Arc.
- You will find other fans of The Arc of Indiana on our page—helping you connect with families, self-advocates and staff of The Arc of Indiana.

The Arc of Indiana's Facebook page now has 114 fans. We hope you will become one too.

THE ARC OF INDIANA, WINTER 2009

#### Executive Director's Column

# **Economy Threatens Programs, Hoosier Families**

The Arc will be there at the local, state, and national level



John Dickerso

#### John Dickerson, Executive Director

The news about the economy is bleak. The threat to our schools and community programs is real. Also real is the fact the many Hoosiers have lost their jobs and homes. What comes next? Yet an economic crisis can also provide the impetus for real change

With every crisis there is an opportunity if we work hard and work together. How we respond to this crisis will define much of the next ten years. The time to act is now, and the people

that need to hear from you are the ones elected to represent you.

The Indiana General Assembly will begin meeting in January, as will Congress. They will need to hear from people like you about what is important and what needs to be done.

The Arc of the US is already at work with members of Congress and the transition team of President-Elect Obama to address critical areas like Medicaid and the housing crisis.

In Indiana, The Arc of Indiana is

meeting with key legislators and the administration to identify what can and must be done to continue the progress that has been made in the last four years.

At the local level we are working with The Arc of Hancock County to stop efforts by the local zoning board in Greenfield. The zoning board is challenging Indiana's zoning law that protects the right of persons with disabilities to live in their own communities. Three men living with Medicaid waiver supports were deemed by the zoning board to be a potential threat to their community—even though the men have lived in their home without incident.

The Arc of Indiana worked many years ago to pass legislation to protect the right of people with disabilities to live in Hoosier communities, and The Arc of the US was a key partner in passing the federal Fair Housing Act. We will be working with our local Arc and other partners to address this current wrong.

I recently attended three local Arc annual meetings. Over 750 people attended the annual meeting of Arc Opportunities, the local Arc chapter in LaGrange County. At Arc BRIDGES in Lake County over 400 attended, and at The Arc of Jackson County in Seymour over 100 people filled the school gym.

Knowing that more than 1,250 people in just three counties joined together as part of The Arc family fills me with hope. It shows who we are and what we can, and will, get done. Thank you for all you do for so many.

### Faith Communities Offer Environment for Meaningful Friendships

#### Don Boden, Executive Director, LDM

Progress is being made in developing much needed community supports in the lives of people with developmental disabilities, but parents who have adult children with developmental disabilities continue to share a common question, "Where can my child meet people and make friends?"

People connect to each other at four basic levels:

- No Relationship—know of each other, but no personal contact—help out of pity or charity (example; send a gift to an organization that serves persons with disabilities with no personal involvement)
- Acceptance—see them, but don't relate to them—live parallel lives that never intersect (example; saying a perfunctory "thank you" to a person with a disability that just cleaned off your table)
- Fellowship—see each other regularly and work to know each other better (example; participate in a small group together)
- Friendship / Love—cherish each other / desire to get together / help each other out of concern and love (example; family and close friends)

The best opportunities to form meaningful connections and friendships are places where the same people meet in the same place over a long period of time—places where people share similar interests, have a chance to help each other and be helped when they need assistance.

One such place is churches, synagogues and temples. A faith community can offer all the right ingredients

needed to form the meaningful relationships people with developmental disabilities would like to have in their lives

While the faith community is uniquely equipped to meet this critical need, many churches, synagogues and temples need support and guidance to create a welcoming, supportive environment to truly include people with disabilities.

There are several organizations whose primary focus is equipping Christian churches to minister to people with disabilities. One organization is LDM (Lutheran Disability Ministries). LDM was originally established by members of Lutheran congregations. However, it is now an independent 501(c)(3) organization with a nondenominational outreach to help Christian congregations with their efforts to include people with disabilities in their faith communities.

LDM, based in Anderson Indiana, has developed partnering relationships with more than 20 congregations. These churches now include more than 600 persons with developmental disabilities in Bible studies, respite and day programs, camps and retreats. This may sound impressive; however, in LDM's service area of Marion County and the eight donut counties surrounding it there are more than 28,000 individuals identified with a developmental disability.

It is important to remember that it takes making a conscious choice and a commitment of time and effort to move beyond a relationship of acceptance.

My church started a Friendship Bible Study in 1991, and it still meets every Tuesday night. Lorena, who is blind, has been a part of that class for a long time. It took a while, but she started

Many parents ask, "Where can my child meet people and make friends?"

coming to worship services on Sunday. Usually friends from church bring her, and sometimes she comes with the staff from her home. When Lorena arrives at church, friends are there to help her to her seat and sit with her. Her friends assist with the words to songs, although now she knows most of them. Long ago, Lorena moved past relationships of acceptance, and has established relationships with friends who cherish her. They do not pick her up or sit with her out of charity or pity, but with a desire to be with her.

Don has been involved with LDM since 2004 when his family heard about the SonRise Retreat program sponsored by LDM. The program offers overnight Bible camps and retreats, and it pairs adults with developmental disabilities with volunteer companions. When Don attended his first retreat, he didn't know anyone. Today Don has made many friends at the weekly Bible study in his church and enjoys ongoing activities sponsored by LDM.

Beyond the need for fellowship, there are other practical benefits to forming these important relationships. This past summer a friend who heads up a behavior support services agency visited our camp. She observed several clients enjoying their camp experience with no signs of agitation. She shared that for one of her clients this was amazing, as she seldom partici-

pates in any activity without aggressive behavior. But that had not been our experience. This young woman has been coming to the LDM camps for three summers, and for several of our retreats, and has not had a single behavioral incident.

We have found that when persons with developmental disabilities become friends with people who want to be with them, and when they do things they enjoy, they are motivated to be at their best behavior. This is human nature.

Where will people with disabilities turn to form the important relationships that transcend the level of acceptance and achieve true fellowship, and eventually love one another? Where will they find an environment where they can grow meaningful relationships with others in their community? LDM's ongoing challenge is to develop an accessible heart in the Church, and this will take time. But the time is now for parent groups and caring individuals to begin motivating and equipping their faith communities to welcome persons with disabilities. In central Indiana, LDM is delighted to assist in any way possible within the capacity and mission of its organization.

For more information about LDM, their camp and retreat center, or to help LDM grow its capacity to equip the Church, visit www.LDMinc.org or call 877-642-9902.

#### THE ARC NEWS IN INDIANA

107 N. Pennsylvania St., Suite 300, Indianapolis, IN 46204 317-977-2375 or 800-382-9100 www.arcind.org and www.TheArcLink.org 4 THE ARC OF INDIANA, WINTER 2009

### The Arc of Indiana 2009 Calendar Features Success, Hope

The Arc of Indiana's 2009 calendar features people with developmental disabilities and their families whose lives have been positively impacted by The Arc, as well as The Arc Master Trust, SABE and Self-Advocates of Indiana. While we often seem to focus on problems and issues that need to be overcome, the stories shared throughout the calendar are a testament to the many good things that are happening, thanks to the hard work of our local Arcs and associated organizations.

The story of Karla Steimel is one such good news story. Karla, who has cerebral palsy, began receiving services at KCARC, local chapter of The Arc in Knox County, at age three. At graduation, Karla received the Student of the Year Award. Her story was featured in our 1991 calendar. Now 18 years later, Karla has an Associate of Science degree, has moved into her own apartment and works at KCARC doing data entry, filing, assisting visitors and answering phones.

Thanks to the support of our sponsors and their dedication to people with developmental disabilities and their families, the calendars will be distributed to members of the Indiana General Assembly, Governor Mitch Daniels and members of his administration

We hope that the stories and photos shared in each month of the calendar will show the many positive things that are happening in Indiana.

To read the stories and see the photos in our 2009 calendar, visit our web site at: www.arcind.org, click on "News and Information," and then click on "2009 Calendar Photos and Stories."

#### **Sponsors**

#### **Achieva Resources Corporation**

local chapter of The Arc in Fayette, Franklin Union and Wayne Counties

#### **Arc Opportunities**

local chapter of The Arc in LaGrange County

#### **Arc Rehab Services**

local chapter of The Arc in Boone County

#### **Bi-County Services**

local chapter of The Arc in Adams and Wells Counties

### Easter Seals Arc of Northeast Indiana

local chapter of The Arc in Allen, Dekalb Huntington, and Steuben Counties

#### **KCARC**

local chapter of The Arc in Knox County

#### LCFR

Honoring Arc BRIDGES local chapter of The Arc in Lake, Porter, and LaPorte Counties

### Noble/The Arc of Greater Indianapolis

local chapter of The Arc in Marion and Hamilton Counties

#### Passages, Inc.

local chapter of The Arc in Whitely County

Karla Steimel in 1991 and now

### **Self Advocates Becoming Empowered / SABE Self-Advocates of Indiana**

#### Stone Belt Arc

local chapter of The Arc in Monroe County

The Arc Master Trust

The Arc Network

#### Wabash Center

Associated Organization of The Arc

# The Arc's 2nd Annual Texas Hold'Em Poker Tournament February 22, 2009

#### Shuffle up and deal on

February 22, 2009, at The Arc of Indiana's 2nd Annual Texas Hold 'Em Poker Tournament. This year's tournament will again be held at the Rathskeller, 401 E. Michigan Street, Indianapolis. Prize packages will be awarded to the top 10% of finishers with \$7,000 in cash prizes awarded for a full field of 140 players.

There is a \$100 tournament buy-in which includes \$8,000

in tournament chips, light snacks, one drink ticket, sandwich buffet at the break, Second Chance Tournament, 50/50 drawings, pull tabs and a silent auction.

Register on-line today! Go to www.arcind.org and click on "Upcoming Events" to register and to find a complete set of rules and pay-outs.

For more information, contact Jill Vaught at 317-977-2375 or jvaught@arcind.org

This event is licensed by the Indiana Gaming Commission, license number 115419.

#### The Arc of Indiana Master Trust

Indiana's Premier Special Needs Trust Celebrating twenty years of service to Hoosier families and people with disabilities

Established in 1988, Trust I is now helping over 850 families provide for the future of their loved ones. Trust I investments total over \$29 million.

Trust II, established in 1995, allows people with disabilities to fund their own trust, and now serves over 800 people, with over \$8 million on deposit.

#### The Arc of Indiana Master Trust

Time-tested, reliable, dedicated Established by Indiana's leading advocates for people with disabilities and their families



Tom Ewbank, Krieg DeVault, Legal Counsel Melissa Justice, Trust Director

For information, call 800-382-9100 or visit us at www.arcind.org Trust funds are invested and on deposit with The National Bank of Indianapolis