

Blueprint for Change; A Time for Bold Action

On November 1, 2011 The Arc of Indiana unveiled the *Blueprint for Change* report at our annual conference. For several months now, we have reported on the process and progress of developing this transformational plan to guide and shape major reform in programs and services for people with developmental disabilities and their families. Now, the exciting and hard work of putting this plan into action begins.

We invite you to review the full report by viewing it on our website, www.arcind.org, or contact us at 317-977-2375, 800-382-9100 or thearc@arcind.org to request a copy. In the report, you will find nearly 70 proposed goals and action steps to create the cultural and structural change, as well as the reinvestment

and new investment of resources, that must take place for true reform to happen.

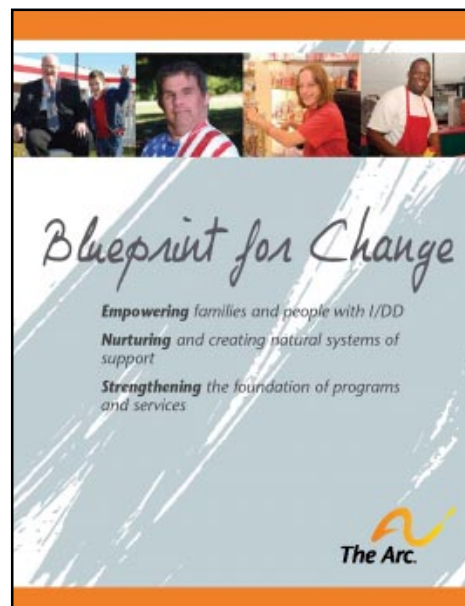
We also invite you to visit the special *Blueprint for Change* section of our website, www.arcind.org/blueprint_for_change, where you will find forums for families, professionals and self-advocates; and a place to share and learn with each other by uploading and viewing stories, photos and videos on *what works* for you and your community in creating a better life for people with I/DD and their families.

In this and future issues we will begin to focus on the guiding principles for change outlined in the *Blueprint* by sharing stories and information that bring these principles to life:

- **Building Career Pathways for All**—Employment and work must include a range of options, from full time employment with benefits to meaningful work as a volunteer.
- **Discovering and Realizing Individual Gifts**—Systems must change from a model based upon looking at an individual's deficits to a model that centers on an individual's unique gifts.
- **Supporting Resourcefulness of Individuals, Families and Communities**—Systems must empower families to use resources in ways that best helps them.
- **Using What You Need**—A concerted effort should be made in supporting, educating and encouraging families and people with I/DD how to control costs, and savings should be redirected to those needing additional support and to those waiting for services.
- **Shifting the Power to What Works**—Control and responsibility for the wise use of

resources must be placed in the hands of families and people with I/DD, and regulations which add cost but do not add value must be eliminated or reduced.

A highlight of our conference was a special message from Tim Shriver, Special Olympics CEO and President, on the importance of the *Blueprint* and how each of us can be a leader to make change happen. "You are that agent of change . . . each of you has that unique power." Please take a moment to watch this powerful message by visiting our YouTube channel at www.youtube.com/arcadvocate.



The *Blueprint* is a dynamic process that will and should change over time. The transformational change it calls for will not be easy, and it will not happen through the work of The Arc alone. It will take many hands, joined together in a united effort for the *Blueprint* to move from paper to making a real and meaningful difference in the lives of people with I/DD and their families.

We hope you will learn more, get involved, and join us on this journey.

'Blueprint' a positive proposal for Indiana

Richmond Palladium-Item

"With city and town government elections promising new faces and policy directions and schools struggling to meet ever diverse service needs against a backdrop of dwindling enrollments and funding...The Arc of Indiana's 'Blueprint for Change' report...is a serious policy proposal, in stark contrast to the pitched silliness that often passes for political campaigns...It's a long overdue and deserving direction; one that, proven elsewhere and if successful here, could help Indiana market itself as an inviting place that puts the interests of those Hoosiers most in need first."

Meeting Our Obligations

Marion Chronicle Tribune

"When it comes to an inflexible Medicaid waiver system that has been repeatedly visited by budget cuts, it is clear that both the needy and taxpayers suffer. We are not doing the job now for those most vulnerable, and it should be a bigger scandal than it has been...[The Arc of Indiana] has proposed a Blueprint for Change plan to revamp the Indiana Family and Social Services Administration apparatus...We think it is heading in the right direction to a system that is better affordable and more responsive...It makes government smaller, cheaper and helps people more. This is long overdue, and we believe the state administration and the General Assembly should embrace this effort."

Learning to Govern from a Not-for-Profit

Indianapolis Business Journal Column

Kathy Davis, former Indiana Lieutenant Governor; founder of Davis Design Group
"The Beatles say all you need is love. Good policy should make for good politics...But it's hard to keep the love through the politics. Can good system design help?...Over the last year, The Arc organized conversations among experts and friends: taking stock of today, setting clear goals, analyzing the pieces, then offering a blueprint for change—full system change...Some of these principles have big implications. Some are even daunting...How do we manage a transition in the way we allocate resources while keeping our strengths intact? Good design. Good policy. Good politics...The Arc is serving as honest broker, seeking facts, accepting hard truths, keeping faith with its goals, designing a way there. Show the love. The politics should be easy."

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Supporting Resourcefulness, Building Natural Supports and Community Connections: Best Buddies

Best Buddies is a non-profit organization whose mission is to establish a global volunteer movement that creates opportunities for one-to-one friendships, integrated employment, and leadership development for people with intellectual and developmental disabilities. Best Buddies Indiana programs have continued growing rapidly since the organization was established in Indiana in 2002.

Currently, Best Buddies Indiana offers four programs: Best Buddies Middle Schools, High Schools, Colleges and e-Buddies®.

The Middle School program matches middle school students with intellectual disabilities in one-to-one friendships with their non-disabled peers within the middle school. Buddy pairs communicate weekly and engage in activities together at school.

Likewise, Best Buddies High Schools matches high school students with intellectual disabilities in one-to-one friendships with peer volunteers at their high school.

The College program connects college student volunteers in one-to-one friendships with young adults with intellectual disabilities in the communities where the colleges are located. Best Buddies works with disability service providers and several Arc affiliates to implement the college program, including Stonebelt Arc in Bloomington and Evansville ARC.

The fourth program, e-Buddies, creates email friendships between people with and without intellectual disabili-

Best Buddies Middle Schools, High Schools, Colleges and e-Buddies®

ties. To sign up or for more information, self-advocates and their families should visit www.ebuddies.org.

A comprehensive listing of all 67 campuses that currently operate Best Buddies programs in middle schools, high schools and colleges in the state can be found at www.bestbuddiesindiana.org.

For additional information please contact the Best Buddies Indiana office at 317-436-8440 or email Natalie Seibert, Program Supervisor at natalieseibert@bestbuddies.org.



Frankfort High School Best Buddies Chapter President, Michael Watson, and Buddy Director, Jeremy Hunter.



Helena Sychala and Amelia Eskenazi, Best Buddies at Westlane Middle School, show their school spirit at the Best Buddies Friendship Walk in April, 2011.



Kelley Schreiner and Lindsey Hurst from the Best Buddies IUPUI chapter with glass pieces they created with local artists Kirk Dixon and Betsey Knotts for the Best Buddies Art of Friendship event.



A View from My Window

Hosted by Michelle Fischer

The Arc of Indiana welcomes you to listen in to *A View from My Window*, our audiocast hosted by Michelle Fischer.

Visit the "Media Gallery" or "News and Events" on our website, www.arcind.org, to listen to the latest edition and past broadcasts of *A View from My Window*, including these recent shows:

A View into Ryan's Career Path and Carson Manufacturing

A View into The Arc's New Employment Initiative

A View into Blogging with Our Bloggers!

Thank You Anderson Cooper!

A View into Best Buddies Indiana

A View into Blogging with Cris Goode

A Parent's View into Autism, Wendy Manubay at the Autism NOW Midwest Regional Summit

A View into the Autism NOW Midwest Regional Summit

Executive Director's Column



John Dickerson

HOW AMAZING this organization is. This is the time of year when I do a lot of driving to attend the wonderful annual meetings of many of our 44 local chapters of The Arc. This year I have enjoyed bringing a special thank you, personalized to each chapter, with me to the annual meetings. Without you, our 10,000 plus members, none of this is possible.

One of the things that is so exciting and makes all the driving hours worthwhile are the local awards programs. As I write this I am thinking about last night's awards program at The Arc of Northwest Indiana. Over 400 people were there and one of the most powerful presentations was for the employment award presented to Beverly Hornak. As a staff person for The Arc, over the past 13 years, Beverly has helped 145 people get a job in the community. Most are still working in community jobs today. She even placed an individual in a job that pays the person more per hour than she gets paid. But that does not stop Beverly. In every community where The Arc exists, there is

someone like Beverly helping others find their career path. The only question that needs to be asked is, "How can we do more?"

Building Career Pathways for All is the first guiding principle of the *Blueprint for Change*. And by career pathway we mean just that. This can no

longer be about just getting someone a job. It needs to be about how we help people develop their own interests and desires to grow and develop. For some that may mean starting with volunteering; for others it is a very good job that pays more than their job coach makes!

Continued on page 7

A Special Thank You from The Arc of Indiana



Thanks, to The Arc of Northwest Indiana, for your dedication to people with intellectual and developmental disabilities and their families, and for your support and commitment to The Arc. Through the leadership of Executive Director Kris Prohl, President Laura Corpus, board members, staff and volunteers you truly make a difference each and every day to build a better world for people with I/DD and their families.

We believe that we can continue to build that better world through the *Blueprint for Change*, a transformational plan based on five key principles to guide system change and reform:

- Building Career Pathways for All
- Discovering and Realizing Individual Gifts
- Supporting Resourcefulness of Individuals, Families and Communities
- Using What You Need
- Shifting the Power to What Works

Denise Fields is building her own career pathway and using her unique gifts as a volunteer for Meals on Wheels through The Arc of Northwest Indiana's Community Connections Program.

Achieve with us.

Learn more, and join in this important effort, by visiting:
www.arcind.org/blueprint_for_change

Special thank you notes, personalized to each chapter, were delivered at annual meetings this year.

Celebrating Individual Gifts and Innovative Chapters & Providers

Throughout this year, we have shared photos from our 2011 calendar – celebrating the many gifts that people with developmental disabilities have to offer, as well as the resourcefulness and creativity of local chapters of The Arc and providers who work every day to bring innovative programs to their communities.



Red Sinnigen and Octavius Ogubi

Octavius Ogubi and "Red" Sinnigen plant a flower, part of Easter Seals Arc's intergenerational program to provide activities to individuals throughout their lifespan. Red has participated in Easter Seals Arc's Adult Day Program for the past nine years. Octavius has come to Stepping Stones Child Development Center since 2007. Together, they enjoy working in the garden – bridging both age and disability.

Easter Seals Arc is the local chapter of The Arc in Allen, Huntington, Dekalb and Stueben counties.

Lennon Beasley lives in his own home, with supports through **Transitional Services, Inc.**, a Medicaid Waiver provider. He enjoys spending the majority of his time as a volunteer at CATS TV, a local Bloomington television station. Through his volunteer efforts, Lennon has produced 100 shows at CATS TV, and has been honored by Mayor Mark Kruzan and the station manager for his outstanding achievement.



Lennon Beasley



Anne Patka, Deb Seman and the Parker tub

The Arc LaGrange County, formerly known as Arc Opportunities, named the Geraldine C. Prisock Memorial Respite Home in honor of founder Geraldine Prisock. Anne Patka, parent of a child with a disability; and Deb Seman, Executive Director, show off the home's most unique feature, the Parker tub – especially designed to allow individuals to slide into the tub, recline, and to be raised and lowered to the height of the caregiver. The Respite Care Home is available for as few as four hours or up to two weeks, and serves people throughout the state.

2011 Awards Program Honors People, Businesses Making a Difference

Congratulations to the individuals and businesses recognized at our 2011 Appreciation Luncheon for your outstanding achievements and commitment to improving the lives of people with intellectual and developmental disabilities and their families. Thanks for all that you do from The Arc.

Employment Award

Dometic Corporation
Elkhart

Education Award

Kevin Cannaday
Warren Central High School,
Walker Career Center

Innovation Award

Don Wierenga
ADEC/ local chapter of The Arc
in Elkhart County

Community Involvement Award

Roger Neal
Director, Crawfordsville Parks
Department

2011 Media Award

Rosalie Founds
Beautiful Faces, Extraordinary
Lives Calendar

Cathleen Clark Professional Service Award

Megan Cloyd
Noble of Indiana / local chapter
of The Arc in Marion and
Hamilton County

Outstanding Professional Achievement Award

Dr. Victoria Pappas
Indiana Institute on Disability
and Community

Outstanding Citizen Award

Nathan Breedon
Evansville

President's Award

Tom Ewbank
Founder, Advisor and Legal
Council, The Arc of Indiana
Master Trust

Executive Director's Award

Jeff Huffman
Chairman, The Arc of Indiana
Education Committee



Kevin Cannaday and Matt Arland

Discovering the Unique Gifts of Students

Kevin Cannaday

What can be more important to all students, and perhaps especially students with special needs, than having a teacher who recognizes your unique interests and gifts and teaches to those gifts in a way that builds you up and makes you want to succeed?

Kevin Cannaday is such a teacher. For the past seventeen years Kevin has built on his own interest and passion for automobiles as an auto collision instructor, and is now in his fifth year as an instructor at Warren Central High School's Walker Career Center.

According to Denise Arland, parent of one of Kevin's students, "Mr. Cannaday assures that students with special needs receive a quality, inclusive education by seeking out their strengths and interests, and then creating opportunities for them to further develop skills where they are most likely to succeed. He makes a positive impact on students by teaching them responsibility, holding them accountable for their work,

and encouraging them to be persistent until they reach their goals."

Denise's son, Matt, has benefited from Kevin's approach. "Mr. Cannaday encourages Matt to keep working on skills that are a challenge, but also gives him opportunities to work on things he enjoys and where he can feel successful. By looking at Matt's strengths instead of just his weaknesses, Mr. Cannaday identified that Matt has skills that could be very useful in auto detailing. He is working with Matt to develop this skill, with a goal of giving him a marketable job skill as he transitions into the adult world. At the same time, he has created an opportunity for Matt to rotate through other vocational classes this year to see if there are new interests and skills that Matt has, that may not have been discovered yet, that might also help Matt in the job market," Denise concluded.

It was The Arc's honor to recognize Kevin's willingness to think outside the box, and teach to the unique gifts of each and every child, by presenting him with the 2011 Education Award.

Building Career Pathways

Dometic Corporation

A key principle of the *Blueprint for Change* is Building Career Pathways. The recipient of The Arc's 2011 Employment Award, Dometic Corporation, is

doing just that each and every day.

At the most unlikely time, when workers seeking manufacturing jobs outnumber the jobs available, this Elkhart company is actively recruiting employees with intellectual and developmental disabilities to fill open positions.

Dometic Corporation works closely with the Employment Services Division of ADEC, local chapter of The Arc in Elkhart County, to find "best fit" placements for ADEC clients.

Dometic began its partnership with ADEC in 2010 and today employs 15 individuals placed by ADEC in a variety of jobs ranging from line leader to janitor in full-time jobs with benefits.

Their relationship with ADEC has evolved to the point that they now call ADEC when a position opens up.

Dometic Corporation shines by not only offering employment opportunities to people with disabilities, but also by helping them build strong career pathways that will sustain them into the future.



Paul DeMeyer, an employee at Dometic Corporation, received assistance in securing his job placement through ADEC, local chapter of The Arc in Elkhart County.

Supporting Resourcefulness through Innovation

Don Wierenga

When resourcefulness is nurtured and shared, great things can happen. Don Wierenga is director of Adult Habilitation Services at ADEC, local chapter of The Arc in Elkhart County. Don wanted to offer the men and women he works with at ADEC the opportunity to enjoy photography. Because so many of them struggled with fine motor skills and dexterity, he quickly realized that the small camera buttons would limit participation.

Not willing to accept that, he used his own resourcefulness to figure out a way to adapt the camera using the latest technology. He called on IT specialists at ADEC and Bethel College to help him design and build the "Big Red Button"—which can be used as a shutter release for a camera. A laptop computer runs the software for the camera,

Emily Graber prepares to take a photo using the "Big Red Button" developed by Don Wierenga to assist individuals receiving services at ADEC in learning how to take photos.



using a computer chip installed in a customized box upon which the Big Red Button is mounted.

Don worked with staff from ADEC's development department to write a grant that led to funding from 1st Source Bank foundation to pay for the \$4,000 in equipment needed for the project.

The result is that 55 individuals at ADEC are now enjoying learning about photography and taking their own photos.

Another innovative creation of Don's is the creation of an online newsletter, "A Brand New Day." The newsletter is used to share ideas with others. The newsletter provides a forum for professionals to share ideas and learn from each other. You can find a link to the newsletter by visiting ADEC at www.adecinc.com.

In response to the newsletter, Don has received many requests for tours of ADEC's day services site.

This exposure has motivated his staff to continue being innovative and resourceful in developing quality programs for the people that they serve.

It was very fitting that The Arc was able to honor Don for his truly innovative spirit by presenting him with the 2011 Innovation Award.

2011 Membership Campaign

1,032 new members recruited

Participating Chapters

Evansville ARC
Jayland Arc
KCARC
Noble of Indiana
The Arc of Bartholomew County
The Arc of Greater Boone County
The Arc of Spencer County
The Arc of Sullivan County
The Arc of Tippecanoe County

25 + New Member Challenge

KCARC – 515
The Arc of Bartholomew County – 82
The Arc of Greater Boone County – 46
The Arc of Spencer County – 35
Noble of Indiana – 35

2011 Traveling Membership Trophy

Most New Members

KCARC

Most New Members Per Capita of County Population
KCARC

Board of Directors Honors John Dickerson with Establishment of John Dickerson Executive Leadership Program

KCARC President Mike Carney First Recipient of Executive Renewal Grant

Executive Directors and senior staff play a critical role in continuing the mission and goals of The Arc in their local communities and statewide.

In recognition of that critical role, The Arc of Indiana Board of Directors established the Executive Leadership Program this past spring to invest in leaders of The Arc in three ways.

Beginning next year The Arc will award two emerging leaders with a grant to attend the National Leadership Consortium on Developmental Disabilities, and two grants for senior staff to attend The Arc of the United States Disability Policy Seminar.

In addition, the board established an Executive Renewal Grant to be awarded each year to a long-term leader of The Arc to aid in his or her renewal and growth.

At the 2011 Conference, the Board of Directors surprised Executive Director John Dickerson by naming the leadership program in his honor. From this point forward the program will be known as the John Dickerson Executive Leadership Program.



The first recipient of the Executive Renewal Grant was awarded to KCARC President Mike Carney. The Board also presented John Dickerson with a special Executive Renewal Grant, both to celebrate the establishment of the John Dickerson Executive Leadership Program and to thank and honor him for giving his entire career in service to The Arc. The Arc of Indiana Board of Directors congratulates Mike and John for their service and for the positive differences they have made in so many lives.

Grateful to No Longer Be Waiting for a Waiver

Ann Steiner, Floyds Knobs

After completing high school in May of 2010, our son Tommy was not targeted to receive services from the Support Services Medicaid Waiver until a year later. We had to be creative and use a lot of natural supports to keep him involved in productive activities while we waited.* Now that Tommy has been targeted and began receiving services in May of 2011, the waiver has filled in the gaps in his day and allowed him greater access to the community.

Tommy has been offered many opportunities to integrate into the community, but all of them require a degree of support.

Tommy has a paid job at our local YMCA on Mondays from 10:30 – 1:00 pm. When he finishes work, he gets to spend the next two hours hanging out at the Y while using the waiver's individual community habilitation hours. During this time, his community goals are worked into his exercise routine, navigation of the building, and social interactions. This also allows him to access the YMCA's facility for leisure activities in a way that he would not be able to do on his own.

On Wednesday mornings, Tommy volunteers for an hour at our local dinner theatre. When he is finished, he is picked up at the theatre by Meaningful Day personnel and transported there for 4 hours of individual facility habilitation. The personnel are mostly young adults with whom Tommy identifies as his peer group, so he not only has the opportunity to work on life skills and other goals, but also receives the added benefit of appropriate social interaction with other young adults. Tommy also receives behavior management and music therapy services through Meaningful Day, which is motivating and enjoyable for him since he has always loved music and movement.

Through Tommy's connections at the dinner theatre where he volunteers, he was offered an opportunity



Amber Budget and Jessie Townsend, Meaningful Day Services, with Tommy Steiner.

nity to sit in on a college Musical Theatre class. In order to participate, however, he needed supports. His individual community habilitation hours provide the perfect solution. On Thursday mornings, he volunteers in the lunch room at his former high school, and is then picked up by Meaningful Day staff and transported to the college campus. Meaningful Day personnel accompany him to the Musical Theatre class and help him integrate into the activities. He loves the experience of moving on from high school to college classes and a college campus just like his friends.

Respite services have been another added benefit of the waiver, especially since we were able to choose our own worker. She is a school friend of Tommy's older brother, so Tommy already knew her and had spent time with her through church activities and the summer camp they both attended. When we need a break, she can pick him up and take him to young adult church events or other community activities that he participates in such as gymnastic lessons.

Tommy has been offered many opportunities to integrate into the community, but all of them require a degree of support. The Support Services Waiver has expanded his access to these opportunities and allows him to work on his life skills and individual goals in natural, community settings. He can spend time doing his own activities, independently from his family, much the same way that other young adults

do. We are grateful that the wait is over, and Tommy's days are spent in both meaningful and productive ways.

*Read "Waiting for a Waiver: Our Successful Search for Creative Solutions," by Ann Steiner in the Spring, 2011 issue of *The Arc News in Indiana*. Find it by visiting:

<http://www.arcind.org/index/news-and-events/Newsletter-Archives.asp>

Natural Supports and Community Connections Guide

What are natural supports?

Natural Supports are the relationships that occur in everyday life. Natural supports usually involve family members, friends, co-workers, neighbors and acquaintances. Individuals with intellectual and developmental disabilities often need help in developing these connections, but once they do these "natural systems of support" become an important part of their life in the community.

For example, being involved in a YMCA swimming program, com-

munity center arts class, or worship services may lead to friendships and connections that last far beyond the actual event. Overtime, these connections can help an individual build a strong community network and support system.

The Arc of Indiana has produced a *Guide to Natural Supports and Community Connections*. You can find it in the "Help for Families" section of our website, www.arcind.org; or contact us at 317-977-2375, 800-382-9100 or thearc@arcind.org to request the guide.

Circle of Friends

The Arc of Indiana Master Trust has begun a new project, *Circle of Friends*, in response to a need that became increasingly apparent to the trust staff as they serve the trust's beneficiaries.

The project has two goals. The first goal is to help those beneficiaries that have a funded trust but no key family member or friend, to be able to spend their trust money appropriately. Occasionally beneficiaries do not have anyone to contact the trust office to let us know when something is needed, and so the trust does not get spent prior to the beneficiary's death. It is very important to us that the beneficiary has access to his or her trust funds to get what he or she wants and needs.

The first goal is to help those beneficiaries that have a funded trust, but no key family member or friend, to be able to spend their trust money appropriately.

The second goal is for parents who would like to set up a Trust I account to be funded upon their death, but who do not have other family or friends that can be their child's contact person, again to let us know what he or she wants or needs to be paid from the trust account.

The *Circle of Friends* project will primarily be carried out through volunteers, along with a paid coordinator. The Arc recently brought on Willaine Sandy to serve as the Coordinator for Circle of

Friends. Willaine first came to The Arc a few years ago as a Family Advocate for The Arc Network, and is continuing to work with The Arc Network as a Family Advocate Community Specialist.

Initially the project will focus on Indianapolis, Fort Wayne and Evansville. Once it is established,

the goal will be to offer this service across the state.

If you or someone you know is interested in being a *Circle of Friends* volunteer, please contact Melissa Justice, Trust Director, or Willaine Sandy by calling 317-977-2375 or 800-382-9100, or by email at mjustice@arcind.org or wsandy@arcind.org.

Executive Director, from page 3

By helping connect people to volunteer opportunities and paid employment we can take some of the strain off individuals, families, providers and the state and begin to see that money reallocated to others that desperately need help. How many people are waiting? Over 20,000 people are waiting for services and supports. Most first applied for services over 12 years ago. In each case waiting is tough.

In the *Blueprint*, we call for a cultural shift to help people through this difficult wait—how can we help one another and how can we connect folks with natural systems of support and community connections. To make real change happen, we must embrace that we all have to be the agent of change. We cannot wait for someone else to do it for us.

If you visit our YouTube channel, you can see Tim Shriver, CEO and President of Special Olympics and a member of our Big Minds Group that helped lay the ground work for this tremendous effort, speak directly to each of us with an important message about how each of us can be an agent of change. This special message was shared at our conference, along with outstanding workshops

that shared information on each of the five guiding principles of the *Blueprint for Change*. Our entire conference was videotaped this year. All of the workshops, along with the opening session of the conference, were videotaped and can be found along with Tim Shriver's message on YouTube at www.youtube.com/arcadvocate

As The Arc wraps up a tremendous year, we look forward to an even better 2012. Thank you for all you have done this year, and for what you will help us do in the future through the *Blueprint for Change*.

The Arc News in Indiana

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The Arc
Master Trust

The Arc of Indiana Master Trust is the nation's premier special needs trust, serving Hoosiers of all disabilities and their families since 1988.

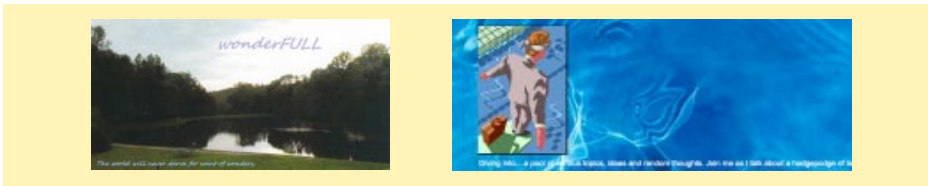
Trust I

Established in 1988, Trust I helps families provide for the financial future of their loved ones without affecting eligibility for government benefits.

Trust II

Established in 1995, Trust II allows people with disabilities to fund their own trust - often with funds received through an inheritance, back payment from a social security or a personal injury settlement - allowing them to maintain eligibility for government benefits.

www.thearctrust.org • 800-382-9100



Follow the Bloggers

A goal of *Building Pathways to Empowerment*, and now the *Blueprint for Change*, is to find new ways for people in the world of developmental disabilities to share and connect. One way to do this is through blogging.

With the help and support of a blogging trainer, Cris Goode, we have helped thirteen people get started on the road to blogging.

In talking about blogging, Cris shared, “Blogging offers bloggers the opportunity to share and build stronger connections by sharing your story in a way only you can. These connections lead to a strong support system and allow you the opportunity to actively engage in a large knowledge base of people with whom you share interests and experiences.”

We invite you to connect and share with our bloggers and invite others to connect with them, too. You can find live links to all of the blogs in the news article “Follow the Bloggers,” posted on our website at: <http://www.arcind.org/news/?naid=80>; or visit the blogs directly at the following links:

- <http://diveboard-dave.blogspot.com>
- <http://wondersandmarvels-wonderfull.blogspot.com>
- <http://reflectionsbythepond.blogspot.com>
- <http://twointransition.blogspot.com>
- <http://onlyroomforoneprincess.blogspot.com>
- <http://nannygoatravels.blogspot.com>
- <http://manderings.blogspot.com>
- <http://purpleparasols.blogspot.com>
- <http://taylormadetherapy.blogspot.com>
- <http://marcisgooddaytravels.blogspot.com>
- <http://laughwithlago.blogspot.com>
- <http://claypetals.blogspot.com>
- <http://showyourpearliewhites.blogspot.com>

Learn more about our blogging project by listening to “A View into Blogging” and “A View into Blogging with Our Bloggers,” two of our audiocasts shows from “A View from My Window” hosted by Michelle Fisher. Find these and all of Michelle’s shows by visiting:

<http://www.arcind.org/index/News-and-Events/A-View-from-My-Window.asp>

If you are interested in blogging, contact us at: thearc@arcind.org

We are The Arc

Help Membership Grow!

We are The Arc—a united voice of families, people with I/DD, local chapters, and individual advocates.


We need to have our voices heard, and a strong membership base can help us have a stronger united voice. To help make our voice even stronger, we have set a goal to, at a minimum, double our membership and grow from a strong base of over 10,000 members to over 20,000 members statewide.

If you are not already a member of The Arc, we invite you to join. If you are a member, we ask that you personally ask 10 family members, neighbors, co-workers and friends to join.

Please make copies of our membership form to share with others, or invite others to join online at www.arcind.org—click on “About The Arc,” and then click “Join The Arc.”

We are The Arc! Help us grow, and Achieve with us.





Achieve with us.

Yes, I want to support the work of The Arc of Indiana!

First Name: _____ Last Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Mobile Phone: _____

Email: _____

☐ If there is a local chapter in my community please contact them about my membership.

☐ Individual Membership \$15 ☐ Self-Advocate Membership (person with a disability) \$3

☐ Family Membership \$25 ☐ Professional/Corporate/Organizational Membership \$100

Please submit this form with payment.

☐ Check made payable to The Arc of Indiana enclosed. ☐ I'd like to charge my membership to a credit card.

☐ Visa ☐ Mastercard

Card Number _____ Expiration Date _____ CID # (on back of card) _____ Signature _____

The Arc of Indiana

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