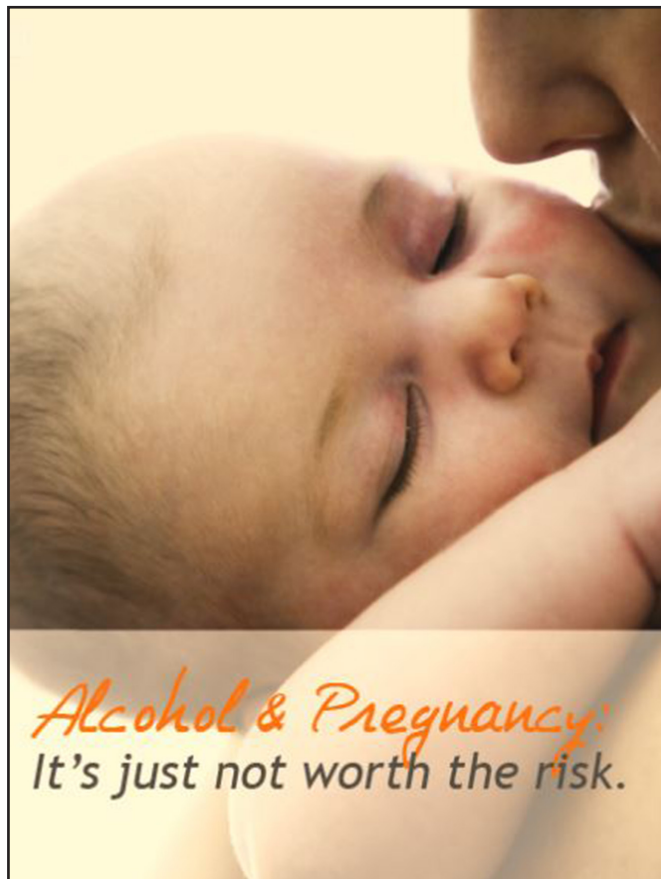


The Arc Today

The Arc Promoting FASD Awareness Campaign

The Arc is collaborating with Fort Bend Regional Council to promote an awareness campaign about the dangers of drinking alcohol during pregnancy. Fetal Alcohol Spectrum Disorder (FASD) is far more prevalent than originally thought. There is no safe amount of alcohol during any trimester, as it depends on each woman's genetics and the genetics of the baby. FASD is the #1 preventable cause of intellectual disabilities. It's just not worth the risk.



Save the Date

Athletic Banquet
June 14, 2015
Safari Texas


Golf Classic 2015
June 22, 2015
Weston Lakes Country Club

**Annual Meeting/
Awards Dinner**
June 29, 2015
Safari Texas

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Donate your vehicle today!
tax deduction and free towing

 **(877) ARC-CARO**
(877) 272-2270

OUR MISSION

The Arc of Fort Bend County ensures opportunities for people with intellectual and developmental disabilities to maximize their quality of life within our community.

**The Arc of Fort Bend County
Board of Directors 2014-2015**

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Committee Assignments and Job Descriptions are available on our website

CORE VALUES

1. Awareness: greater awareness about individuals with disabilities increases understanding about the abilities of individuals with disabilities, and greater understanding increases opportunities for individuals with disabilities, so we work to achieve greater awareness to achieve greater understanding to expand opportunities.
2. Diversity: we must serve all individuals with intellectual and related developmental disabilities and their families in this county.
3. Respect: we must be understanding of and sensitive to the concerns of individuals with disabilities about their identity and how we describe them.
4. Ownership: it is important to have community members serve on our committees and board, and support our association, but our association should remain an "individuals with disabilities and their families" organization.
5. Advocacy: with limited resources, if we become primarily or solely a provider organization, our association will never do more than make only a limited impact on the quality of life of a few individuals with disabilities.
6. Cooperation: advocacy and programs that benefit individuals with intellectual disabilities and their families in many cases will also benefit individuals with other disabilities.
7. Good Stewardship: as an association, we must be fiduciaries of the talent and resources that our volunteers and community supporters entrust to us.

OUR GOALS

The Arc's goals were chosen to be directed toward Mission and Vision and build on our strength and success.

- I. The Arc shall advocate for appropriate individualized educational programs/opportunities for people with I/DD in all stages of life.
- II. The Arc shall advocate for a variety of vocational/employment options for people with I/DD.
- III. The Arc shall advocate for public and private community institutions to become more responsive to the individual needs of people with I/DD, thereby promoting quality of life for all.
- IV. The Arc shall advocate for and promote a variety of appropriate and inclusive social, cultural and fitness/wellness opportunities in the community.
- V. The Arc shall continue to invest in properties that are self-sustaining and provide facilities for our constituents.
- VI. The Arc shall provide effective leadership and fundraising efforts to accomplish our mission.

To Send a Special Tribute

In Memory of or In Honor of

Pay tribute to a friend or family member while also supporting services and programs that benefit the Arc of Fort Bend County with your donation.

Person's Name _____ Occasion _____

Send acknowledgement to:

Name _____

Address _____ City, State, Zip _____

Please make checks payable to:
The Arc of Fort Bend County
123 Brooks Street, Sugar Land, Texas 77478

Fetal Alcohol Spectrum Disorders May Be Underreported

Printed from Disability Scoop: <http://www.disabilityscoop.com>

By [Michelle Diamant](#)

November 5, 2014



There may be many more children than previously thought with developmental disabilities resulting from alcohol exposure during pregnancy, researchers say. (Bob Fila/Chicago Tribune/MCT)

New research suggests that fetal alcohol spectrum disorders may be far more common than previously thought.

The developmental disability, which results from drinking alcohol during pregnancy, may affect as many as 5 percent of children, according to findings [published](#) this month in the journal *Pediatrics*.

For the study, researchers examined the prevalence of fetal alcohol spectrum disorders among first graders enrolled in public and private schools in Sioux Falls, S.D.

More than 1,400 kids participated in initial screenings. Then, researchers identified two groups of children for more extensive assessments — some of whom were randomly chosen and others who were identified because they were small for their age.

Those selected for further study were given exams to measure physical growth, development, dysmorphology, cognition and behavior. What's more, their mothers were interviewed about their exposure to alcohol while pregnant.

Ultimately, physical and cognitive assessments indicated that 2.4 percent to 4.8 percent of the kids studied had some form of fetal alcohol spectrum disorders, researchers said.

Mothers of those flagged for the condition reported higher levels of weekend binge drinking prior to learning they were pregnant as well as less frequent and delayed prenatal care. What's more, the study found that these moms were also more likely to indicate that the children's fathers drank often.

"Previous estimates of fetal alcohol spectrum disorders put the occurrence at around 1 percent in the United States," said Gene Hoyme of Sanford Research and The University of South Dakota who worked on the study. "By actively assessing the children who were part of this study, our team was able to develop a more accurate figure for the prevalence of this disorder among the predominately middle-class population of Sioux Falls and identify key risk factors that can predict it."

Fetal alcohol spectrum disorders include a range of conditions that are caused by prenatal exposure to alcohol and can result in a variety of physical symptoms including small size, poor coordination and abnormal facial features as well as behavior and learning issues.

The disorders are "completely preventable," according to the U.S. Centers for Disease Control and Prevention, so long as pregnant women do not consume alcohol.

Ability PLUS HCS Services

Cheryl Sewell

The Arc does not endorse any therapy or service. Our desire is to bring together families and those interested in meeting the needs of people with disabilities. Please call to discuss your concerns, and perform "due diligence" when seeking a service provider.

History: I've known Carla Roldan, owner of Ability Plus, for many years. We both worked at the Richmond State School-Community Services Division in 1991 and we met again at Texana Center. Her experience working with persons with IDD included direct care staff in a group home, working in supported home living and supervising staff. She also worked as a case manager and intake coordinator at Texana Center. She earned her BS in Social Sciences in 1998 from UH and earned a Masters in Psychology at HBU. Carla left Texana Center in 2003 to become an LSSP for Alief ISD. She also contracted for LSSP services with several school districts until 2013. She and a partner founded an HCS program called "Americare" in 2009. Americare was disbanded in 2013 and Carla founded Ability Plus HCS Services.

Ability Plus serves 16 individuals with IDD, 15 of whom live in Fort Bend County. The youngest served is 11 years old and the oldest is 54. Ability Plus has 12 staff working shifts in the group homes, two staff caring for the supported home living services and others working in the day habilitation facility.

They currently own a home near Lost Creek Park in Sugar Land and lease a home near Highway 6 and Voss Rd. Ability Plus also serves individuals living in foster care situations, as well as those living at home through their supported home living programs.

Their day habilitation/activity center is located in Richmond, Texas near Highway 90 and Loop 762. Individuals enjoy a variety of activities and weekly outings. The day facility is open from 8:30 am to 1:30 pm. Carla reported that only four or five attend the center, but several additional clients attend during school breaks. Carla will accept private pay during summer months for their day facility program.

Carla believes that her clients learn more in the community, so she and her staff plan lots of community trips for group home residents, as well as daytime trips for those utilizing the day facility. They have especially enjoyed going to carnivals, festivals, kite flying and Texian Market Days. They frequent the parks in the area, as well. Carla agrees that the day facility is underutilized for its size but said she declines to contract with other HCS agencies for day services.

For additional information contact: Carla Roldan at Ability Plus HCS services PH: 832-656-9645 or E-Mail: Carla@abilityplushcs.com

**Visit the
Special Needs Events & Activities Kalendar (SNEAK) Community Calendar
at www.arcoffortbend.org
for upcoming events and activities !**

Dulles High School Adult Transition Program Hold “Accessories Extravaganza”

Margo Pasko

This year, the Dulles High School Adult Transition Program’s (ATP) class exhibition was an “Accessories Extravaganza”—and it certainly lived up to its name! On November 13, 2014, the Dulles High School library was crammed with beautiful home décor and personal accessories, all for sale and all made by the ATP students under the leadership of veteran ATP teacher, Hyacinth Pickersgill.

The students opened the program, taking turns making statements about their participation in the creation of the products. Mrs. Pickersgill, with her paraeducators, Dulles staff and student volunteers do a remarkable job creating a work- based learning environment that teaches valuable employment skills. The students learn to stay on task, independently follow multistep directions, and evaluate their own work. They develop a sense of fulfillment in a job well done.

Fort Bend ISD Special Education administrators Michelle Lebleu and Christina Ritter attended the opening and shopped ‘til they dropped. Several parents and many Dulles staff members attended the program, ribbon cutting and shopping extravaganza.

Proceeds, minus costs, will be donated to The Arc’s TwentySomethings group. TwentySomethings provides social and family networking activities for students with disabilities after graduation from high school. The purpose of TwentySomethings is to welcome young adults with intellectual and developmental disabilities and their families to The Arc, as they transition from lives as students to lives as adults in the community. As part of this welcome, upon graduation, The Arc gives a complimentary family membership to Adult Transition Program students.

The Arc is grateful for the support of the Dulles ATP students and we look forward to seeing them participate in our activities.



2014 “Best in the West” Fundraiser

Margo Pasko

Saturday, November 22, 2014, will be remembered as the night the lights went out at the George Ranch Arena as well as the night that The Best in the West broke records for success!

The 36th annual “Best in the West” fundraiser, presented by Prosperity Bank, was in full swing of live auction bidding when the lights (but not the sound) went out. Auctioneer Commissioner James Patterson didn’t miss a beat! He immediately directed the bidders to grab their cell phone flashlights to signal their bids. After all, the show must go on—and then the lights came back on after a minute or two. The torrential rain did not stop the huge crowd from rocking the arena! Whether it was the weather, the outstanding music of The Triumphs, the mouthwatering barbecue from The Swinging Door or the excitement of the live auction, the crowd was energized! This year’s table and ticket sales broke all previous records.

Once again, the “Best in the West Wranglers” James Patterson, Ann Smith and Jo Ann Stevens produced an amazing evening. They were assisted by committee chairs Ron and Trudy Ortwerth (Ace in the Hole Bid Board); Jenny Gortney (cashier and live auction); Julie Fix, Vicki Ikeler and Barbara Magana Robertson (publicity); Theresa Bathe, Jean McCarver and Danielle Garrison (reservations); and Beverly Cushenberry, Jacque Burgess and Sarah Parkinson (silent auction).

Chris Breaux, of the accounting firm Whitley Penn, reprised his performance as master of ceremonies as he presented the 21 live auction items. The fabulous packages ranged from Puppy Love At First Sight, which Board Member Larry Lobue immediately gifted to his daughter Laryn, to a party for 50 at Safari Texas, which donor Allison Wen then tripled to 3 (yes 3!) parties for 50 people.

Ron and Trudy Ortwerth’s Ace in the Hole Bid Board was jam-packed with 19 unique items including: Dinner for 8 at Perry’s, a handcrafted table made from a 119 year old pecan tree, a charter bus trip for 55 to the Coshatta Casino (with \$10 gambling money for each person) and lunch for 4 with State Representatives Rick Miller and John Zerwas.

The silent auction was also awesome! The silent auction corral sponsors were: The Arc of Fort Bend County, Big Boys Woodshed, Cushenberry/Parkinson, Fort Bend ISD, Lone Star Pet Lodges, Meyer/Paradigm Consultants, OakBend Medical Center, RE/MAX Fine Properties, and St. Michael’s Emergency Rooms. The variety of items defies description—there was something for everyone, including smaller ticket items to big ticket items!

The evening was underwritten by many generous sponsors. Prosperity Bank was the presenting sponsor for the evening, designated as World Champion. Sprint Fort Bend County Landfill was the Gold Buckle sponsor. At the Bronze Boots sponsorship level were Aviles Engineering, Classic Chevrolet Sugar Land, Dannenbaum Engineering Corporation, Fred and Mabel R. Parks Foundation, KBR and Sugar Land Rotary Club. Rhinestone Cowboy sponsors were Aliana Development Company, Bracewell and Giuliani LLP, O’Neill Ripoll Wealth Management & Gil Saenz RBC Wealth Management, Planned Community Developers, The Johnson Development Corporation. Silver Spurs sponsors were: AECOM, Bailey Architects, Inc., Consolidated Home Health, County Judge Bob and Pat Hebert, Elizabeth and Patrick Bullard, Environmental Development Partners, Frost Bank, Huitt-Zollars, Inc., Jones & Carter, Inc., KCI Technologies, Inc., Linebarger Goggan Blair & Sampson, LLP, Memorial Hermann Sugar Land Hospital, Nalco Champion, Neel-Schaffer, Inc., PGAL, Raymond James & Associates, Inc., Silver Eagle Distributors, SUEBA USA, The Muller Law Group, PLLC, WJ Interests, and WTC. In addition, over one hundred sixty five other individuals and companies purchased tables in support of The Arc.

The “Best in the West” Wranglers would like to express their sincere appreciation to every individual, corporation

Biggest Year Ever!

and organization in Fort Bend County that helped make this event a success. The dramatic and positive changes that have occurred in the lives of people with intellectual and related developmental disabilities are a tribute to a responsive community that has shared our vision of "Quality of Life for All."

Proceeds from The Best in the West will be used for a wide variety of services and advocacy to provide a quality of life for all. Funds will be used to maintain group homes and learning centers that The Arc leases to HCS providers; maintain townhomes leased to Arc clients; support the self-advocates group; provide social and recreational activities for over 140 clients such as the annual holiday formal, monthly dances, weekly bowling league and other awesome outings. The proceeds will also support The Arc's legislative and educational advocacy programs, the youth group programs, the Special Olympics program covering 8 different sports with more than 130 athletes, the employment services program, and the TwentySomethings transitional group.

THANK YOU to all who came out and made this such a successful night. We hope you had as much fun as we did! Please mark your calendars to save the date for **Saturday, November 21, 2015!**



Photos compliments of Liz Furman and Mary Favre

**Thank you to Mary & Carl Favre for their donation to The Arc in honor
of
The Best in the West Volunteers**

Bump it! Set it! Smack it down!

Margo Pasko

Spike! What a volleyball season we've had! We grew from 27 players on 3 teams last year to 43 players on 4 teams this year! On Monday evenings, the noise in the gym at New Hope Lutheran Church is ear splitting and awe inspiring.

On Saturday morning, November 8, The Arc's four volleyball teams boarded a bus at The Arc office for the drive to Texas City where they competed in the Gulf Coast Area volleyball tournament. Jackie and Gaylon Butler's Sharks brought home bronze medals. Hal Marshall's Wolverines brought home silver medals. Sharon Williams' Doves won gold medals. Debbie Eddlemon's Angels also brought home gold medals. What a great showing of wonderful teamwork! Don Duyka's individual skills players Tommy Hajek and Trevor Dow also brought home gold medals! That's lots of bling for our delegation!

Head of delegation Debbie Eddlemon said that it was a great weekend and that there were several expert photographers in the group: Carl LaSala, Jimmy Jimenez, and Gary Schottle.

Debbie Eddlemon's Angels were: , Kenneth Brown, Mike Cushenberry, Ryan Darnell, Chris De La Paz, Kyle Eddlemon, Tyrone Frederick, Mike Garcia, Tony Presson, Derek Schottle and Bridget Stephney.

Sharon William's Doves were: Blaine Hylton, JJ Jimenez, Andrew Kase, Michael Kidd, Larryn Lobue, Stevie Meyer, Michael Pelz, Rachel Terrazas, J. T. Thompson, and Ty Williams.

Hal Marshall's Wolverines were: Michael Angeley, Tereny Baker, Trevor Dyer, Aaron Lindsey, Jason Lungstrum, Mike Marshall, Aniecia Mouton, Mainak Pandya, Tyler Sims, Russell Smith, Carrie Wantuch, and Monica Wright.

Jackie and Gaylon Butler's Sharks were: Kimberly Butler, Marques Dancy, Vincent Eubanks, Johnny Gibson, Wayne Heitman, Paul Hennecke, Keith Jensen, Nicole LaSala, Whitney McLaren and Rudy Vasquez.

Congratulations to the athletes and thank you to the coaches, chaperones, volunteers and financial supporters of The Arc of Fort Bend County who made it possible for the athletes to participate!

Next up, Winter Games in Round Rock, February 5-8, 2015 where our volleyball teams will bump it, set it, and smack it down!



Special Olympics Area 22 Bowling Tournament

Margo Pasko

The Arc's Special Olympics bowling team competed in the Area 22 bowling tournament in Webster on December 6. David Sturhan won a gold medal in his bracket of ramp bowlers. David was coached by his mom, Margueritte Sturhan. Jason Lungstrum and his dad, Steve, participated as Unified Partners and also won gold medals in their bracket. Allan Harris, Jr. bowled in a singles bracket and won a bronze medal. Allan and Jason were coached by their dads. Congratulations to them! Now, they are headed off to Winter Games in Round Rock, February 5-8. Good luck to them all!

Special Olympics Basketball

Margo Pasko

Our Special Olympics basketball season is in full swing (or is it full bounce?) with 5, yes, 5 teams, including our first fully unified adult team!

Soccer Anyone?

Margo Pasko

We are kicking off a new sport for our delegation!

Are you interested in playing soccer with our Special Olympics program? We are starting a new sport for our delegation. The sport season will run from late February or early March 2015 through May 2015. There will be an informational/interest meeting at The Arc office on Tuesday, February 3, at 6:30 p.m. We are looking for athletes, volunteers, and, as always, people who can help coach the sport.

Contact Margo if you are interested! Email: mapasko@arcoffortbend.org Phone 281-494-5928

The Area 22 Special Olympics office has awarded a \$690 Law Enforcement Torch Run Scholarship to The Arc to fund the purchase of soccer equipment and uniforms for our new sport. The Arc appreciates the support of Special Olympics!



FCLL's Dream League Going to Little League World Series!

Margo Pasko



First Colony Little League's Challenger Division, The Dream League, has been selected as one of two teams to play in the 2015 Little League World Series Challenger Division exhibition game on August, 29 in Williamsport, PA.

This is a great honor for The Dream League and will provide a wonderful opportunity for a dozen Dream League players and their families. The Dream League is part of the Challenger Division of Little League providing the opportunity for players with physical and/or intellectual disabilities to participate and enjoy the fun of Little League baseball.

The Arc of Fort Bend County has sponsored the Dream League since its inaugural year.

To help support The Dream League's trip to Williamsport, you can go to www.gofundme.com/kgvmwg or send a check to FC Dream League, 4902 Rutherford Court, Sugar Land, TX 77479. The Dream League, as part of Little League International, is a 501(c)(3) charitable organization.

Dream League's 2015 regular season begins February 28. For its 9th season, Dream League will have 8 teams with approximately 100 players participating in two divisions, Dream League and Senior Dream League. All games are on Saturday mornings with doubleheaders at 9:00 and 10:30. Come out and enjoy a great game with incredible athletes. For more information, contact Bruce Hicks, darcycomm@yahoo.com.

TwentySomethings Attend Hauntcert at the Stafford Centre

Margo Pasko

Boo! Ten families of The Arc's TwentySomethings group were treated to an afternoon of "spectacularly spooky and exciting music" by the Fort Bend Symphony on Sunday, October 26, at the Stafford Center. The Symphony donated the Hauntcert tickets to The Arc. It was a Halloween-themed program and there was even a costume contest! The program included the Monster Movie Music Suite, the Invisible Composer, Night on Bald Mountain, and other scary-themed pieces. How nice of the Fort Bend Symphony to donate tickets to The Arc - which made our TwentySomethings attendance possible.

River Pointe Church's Fall Festival of Family Fun

Cheryl Sewell

It was a glorious Saturday morning in November to hold a fall festival and the venue was perfect! Wendi Akers, River Pointe Church's Director of Special Needs ministry and "iFit" program, organized fun activities for families with children and adults with special needs. Families enjoyed free hot dogs, face painting, bounce houses, golf cart and hay rides, and Wii competitions. Several families brought their poles and lures to enjoy fishing at RPC's stocked lake! Everyone had a really great time. For additional information on RiverPointe Church, visit <http://www.riverpointe.org> or contact Wendi Akers at 281-277-6767 ext 221 wendi@riverpointe.org. River Pointe Church is located at 5000 Ransom Road, Richmond, TX 77469. Wendi would be delighted to show you around RPC's incredible campus and iFit classrooms.



A- MAZE- ing time in Alvin!

Cheryl Sewell

OHHHHH, I love to go a-wandering along the mountain pass. . . but this event was wondering inside a corn maze. In December, the Youth Group visited Froberg Farms, where they made their way through a great corn maze!

I purchased some great, buttered popcorn to help keep us from getting lost (similar to the Hansel & Gretel story), but instead of dropping any, we ate all the popcorn! And, we still lost little Luke for 5 or 10 minutes. His sister found him hiding in the corn stalks. The kids enjoyed the corn maze, the children's activities, the food, and all the fresh fruits and vegetables available.

For additional information on Froberg Farms, visit: <http://www.frobergfarm.com>



Social Recreation

Holiday Formal held at Safari Texas on December 7
The Arc thanks Allison Wen and Safari Texas again for hosting our 2014 Holiday Formal.



Self-Advocates Christmas Dinner held at GattiTown

Jody White

The Self-Advocates had their Christmas dinner at GattiTown on Monday December 15. They had a brief meeting then worked on the Needs Self-Assessment Application for a grant. Everyone then enjoyed dinner and played games.



Activities

Winter Dance



Burgers and Karaoke



Now you see the tickets – Now you don't!

Cheryl Sewell



The Fort Bend County Optimists Club (formerly the East Fort Bend County Jaycee's) donated 200 tickets to The Arc of Fort Bend's Kids & Youth Group families to attend their annual Magic Festival held at the Stafford Civic Center. The magician performed many magic tricks including, sleight of hand, sawing a person in half, levitation and vanishing cabinets- all sprinkled with a liberal dose of humor. Be on the watch for next year!

Kyle Eddlemon Awarded Ring by U of H Baseball Team

Margo Pasko



Kyle Eddlemon was recently awarded a team ring by the University of Houston Baseball team. Kyle started volunteering with the team in the Fall of 2002. He helps set up equipment for practices and games, catches fly balls in the outfield during practices, and helps the coaches with whatever is needed. Clearly, they appreciate all that he does for them! Congratulations on that new bling, Kyle!

The Arc Family Matters

Celebrations:

Ken and Joyce Elliot announce the birth of their third grandchild, Ethan Elliott Whitson, son of Sarah and Brandon Whitson. Ethan was born on January 10, 2015. Ken is The Arc's Special Olympics golf coach and Joyce is a Special Olympics volunteer.

Please keep this family in your thoughts and prayers:

Murnelle Cox Collier, mother of The Arc's member Valerie Collier, passed away on October 31, 2014.



The Arc of Fort Bend County ensures opportunities for people with intellectual and developmental disabilities to maximize their quality of life within our community.

Membership Form

Date: _____

Please indicate New Member Renewing Member

Member Name: _____

Address: _____

City/State/Zip: _____

Home Phone: (____) ____ - _____ Cell Phone: (____) ____ - _____

E-mail Address: _____ HCS Provider: _____

I am a:

- Family Member Person with Disability Interested Citizen Professional who works in the Disability Field

Indicate the age of person with a disability: 0-12 13-22 23-54 55+

Membership Levels:

Individual with Disability \$20.00
reserved for those not living at home and not included in a family membership
receives one vote at meetings of the membership

Single \$35.00
receives one vote at meetings of the membership

Single Lifetime \$500.00
receives one vote at meetings of the membership

Family \$50.00
***Names of all family members:** _____
includes all immediate members of the family living in the home
includes a family member with a disability living outside of the home
receives two votes at meetings of the membership

Corporate \$100.00
receives one vote at meetings of the membership

Corporate Lifetime \$2000.00
receives once vote at meetings of the membership

VIP
given yearly to chairs of "Best in the West" and *Golf Classic*
given yearly to Head Coaches of Special Olympic Sports

Additional Tax Deductible Donation: \$ _____

If you wish, you may donate to a specific program:

- Bowling Education Employment
- Self-Advocacy Social Recreation Special Olympics

Total Amount Enclosed: \$ _____

Mail form and payment to: OR Join online at www.arcoffortbend.org
The Arc of Fort Bend County
123 Brooks Street
Sugar Land, Texas 77478

The Arc of Fort Bend County is a non-profit 501(c)(3) organization

The Arc of Fort Bend County
123 Brooks Street
Sugar Land, Texas 77478
Phone: 281-494-5959
Fax: 281-494-5960

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Achieve with us.



Add us as your friend and
keep in touch with all
events at The Arc!
[facebook.com/arcoffortbend](https://www.facebook.com/arcoffortbend)



Ft. Bend Junior Service League again supported The Arc's Special Olympics Delegation with a \$10,000 grant! Thank you, so much ladies, for choosing to fund our mission of providing a "Quality of Life for All"!

