



SERVING PEOPLE WITH COGNITIVE AND DEVELOPMENTAL DISABILITIES AND THEIR FAMILIES
SINCE 1952

Arc/Muskegon News

Volume 08 Issue 3

Winter 2008

Mission Statement

The mission of Arc/Muskegon is to assure that the citizens of Muskegon County with cognitive and developmental disabilities and their families have an equal opportunity to participate in, and contribute to the quality of life in their community.

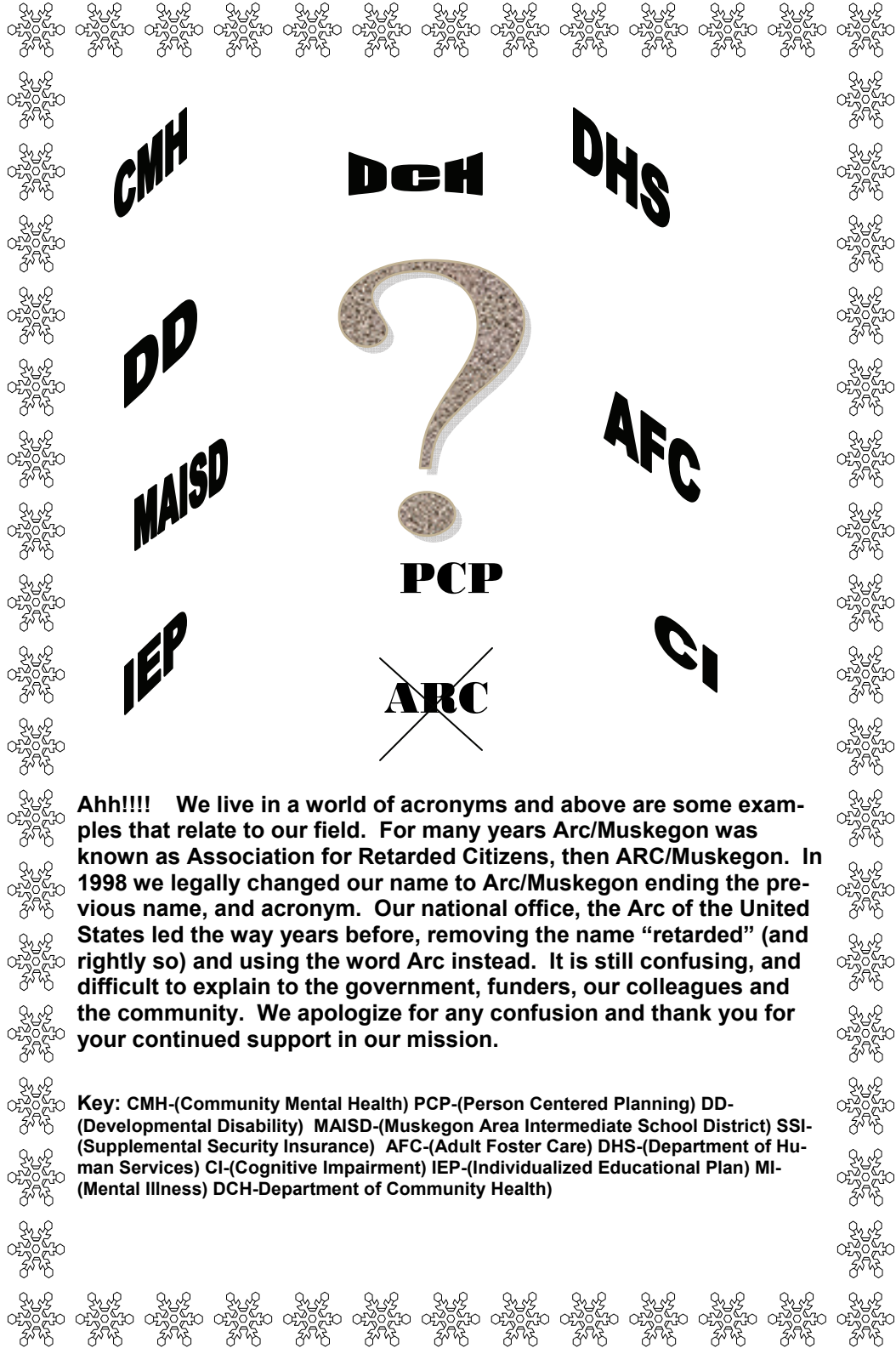
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Monday-Friday

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CMH

DCH

DHS

DD



MAISD

AFC

IEP

PCP

~~**ARC**~~

CI

Ahh!!!! We live in a world of acronyms and above are some examples that relate to our field. For many years Arc/Muskegon was known as Association for Retarded Citizens, then ARC/Muskegon. In 1998 we legally changed our name to Arc/Muskegon ending the previous name, and acronym. Our national office, the Arc of the United States led the way years before, removing the name "retarded" (and rightly so) and using the word Arc instead. It is still confusing, and difficult to explain to the government, funders, our colleagues and the community. We apologize for any confusion and thank you for your continued support in our mission.

Key: CMH-(Community Mental Health) PCP-(Person Centered Planning) DD-(Developmental Disability) MAISD-(Muskegon Area Intermediate School District) SSI-(Supplemental Security Insurance) AFC-(Adult Foster Care) DHS-(Department of Human Services) CI-(Cognitive Impairment) IEP-(Individualized Educational Plan) MI-(Mental Illness) DCH-Department of Community Health)

March for the Arc!

Developmental Disabilities Awareness Month

Walk
(2.1 miles)

Saturday, March 29, 2008

10:00am



Roosevelt Park Community Center

Glenside & Roosevelt Road

Sponsored by

The Muskegon Chronicle

Kohley's EcoWater Systems

City of Roosevelt Park

Food

Participant Gift

Prizes

Watch your mail for a flyer and pledge form!

Join us!

MEMBERSHIP CORNER

Why You Are Important to Us

You add to our strength—strength that is essential if we are to accomplish our goals on a local, state and national level. Please come join the largest grassroots organization (nationwide) advocating for people with cognitive and developmental disabilities. **See back of newsletter for details.**

Welcome to New Members

Lana Daves

Denis & Barb Potuznik

Sheila Thorsen

Paul & Carolyn Heckle

Bill Benedict/Norchuk Supply

State Representative Mary Valentine

Current Membership Count 132!

This is an all time high!

Annual meeting Monday, March 10, 2008 12:30pm Arc/Muskegon

Parents for Life

Arc/Muskegon will conduct a series of four workshops on essential parenting skills for parents with disabilities

March-October 2008

Thurs. March 27-Nutrition & Menu planning

Thurs. May 22 -Health & Safety

Thurs. July 27 -Healthy Play & Discipline

Thurs. October 23 -Family budgeting & Stress Management

All sessions are from 10am-noon
Crestwood United Methodist Church
1220 Creston Ave.

Pre registration is needed—777-2006

Watch for more details or call Karen
Childcare will be provided



This was made possible by a grant from
Greater Muskegon Women's Service League

Arc/Muskegon

Robert & JoAnn Hommes

Award of Excellence

November 2007

This award recognizes an individual in the community who has made a positive difference in the lives of people with developmental disabilities. Last November it was awarded to Jim Redder, recently retired as the Special Education Director for the Muskegon Area Intermediate School District. Outside the workplace Mr. Redder volunteers his time in a variety of ways and truly supports the philosophy and mission of Arc/Muskegon.

The award was established in 2002 and renamed in honor of the Hommes family in 2007. Mr. Redder was honored at the February 11, 2008 Arc/Muskegon board meeting. Congratulations!



Other nominees included Cyndi Blair, Dawn Dach, Jesse Miller, Jean Sprecken, Floyd Zahrt, Karl DeWitt, Jim Elwell, Sheila Thorsen, Charlene VanderMolen, Susan Ochs and Donna Hentschel.

2007 Winter Wishes Christmas Auction

Sponsored by Verizon

Auction Committee

JoAnn Hommes * Don Martines * Tim Michalski
Laura McCarthy

Thank you

Bill Marshall/Rock 101.7	Patti & Jim Townsend
Bev & Bob McCarthy	The Lake Express
Shelly Carey/Design Studio	Pioneer Resources
Barb Young	John & Deb Schrier
Karla Lenker	Marie Ruberto
Verizon/John Van Wyck	Angela Kooi
Denise & Derek Brown	Orchard View Travelers
Northshore Hardware	The General Store
Robert & JoAnn Hommes	Dennis Babcock
Marty Binnendyke	Jim Shereda
Stonegate Golf Club	Fricano's Muskegon Lake
Jean Wasserman	Sue Mercer
Nancy Johnson	House of Chan
The Station Grill	The Creative Edge
Leon & Kris Tabler	Tholstrup Dairies, USA
Karen Mastella	Michigan Irish Festival
Thomas & Patricia O'Toole	City Side Hair Design
Muskegon Commerce Bank	Muskegon Fury
Detroit Tigers	Glamazon
Karen Bowne	Floyd Zahrt
Laura McCarthy	Wendy Kersman
Muskegon YFCA	Susan Stark
Pita Place	Tony's Bistro
The Cheese Lady	Sandy Jensen
Muskegon Chronicle	Susan McGarry
Merchant Solutions	Baker College
Ginny Lezotte	Brenda Wiley
Linda Wibalda	Bob Eklund
Wasserman's Floral	Copper Creations
Musk. Summer Celebration	Tyler Sales, Inc.
Creative Benefits	Lindsay & Taylor McCarthy

West Michigan Grinding & Machine

Friends of the Arc

LJ Verplank	Don & Nancy Crandall	Tom Miller
Emily Michalski	Connie Siefert-Kayner	Deb Davis
Michalski Family	Denis & Barb Potuznik	Don Martines
BPO Elks #274	Mary Jane DuGuay	Pam Stowell

Thank you!

Hope For An Ordinary Life

by Janet Evertsen, HGA Support Services

Americans believe passionately that every person has the right to happiness, even though we can't define what happiness is and each of us has a different definition of happiness. But we do know that as long as there is disease and disability among us, many people are not "happy." We so badly want to find cures that we devote uncountable resources to find ways to fix people so they can lead ordinary, valued lives.

The eternal search for cure extends to the many faces of mental health: mental illness, mental retardation, Alzheimer's to name a few. As necessary as it is to continue to seek new treatments, better early diagnosis methods, more universal prevention, adequate funding for research, miracle drugs, and innovative programs, we need to remember that happiness for us all includes being part of accepting communities.

In the 1960's, the field of developmental disabilities founded a concept that drove deinstitutionalization and promoted community inclusion: Normalization. The principal of Normalization is not to make people "normal." Instead it recognizes that people with mental retardation and other developmental disabilities want a life like everybody else. They don't want to be segregated because they are different. They don't want other people to assume they are helpless. We began to "listen to their lives," because often they cannot tell us in words what they need and want-but actions speak louder than words. For example, we learned that aggressive behavior isn't just something irrational which needs to be controlled. It may be a person's only way of saying, "NO!" Often something as simple as asking the person what he or she would like, and offering the person ways to make choices will stop aggressive behavior. The concept of Support replaced the stereotype of deficit, and enlightened mental health systems continue to seek ways to better understand what people need and want, leading to men and women with developmental disabilities living fulfilling lives in communities.

Services for people with mental illness are mirroring the experience of developmental disability services, "listening to lives" of people. The concept of Recovery is based in belief that people can take control of their lives by understanding the chemical causes of their mental illness and the balancing roles of medication and therapy, identifying emotional and social situations that trigger their symptoms, and using Peer Mentors as critical partners in challenging the stigma and reality of mental health diagnoses. The most powerful force of Recovery is the word "recovery," meaning hope for and expectation of an ordinary, valued life.

People with developmental disabilities and mental illness are taking up the challenges of Normalization and Recovery, building hopeful futures for themselves. The challenge to communities is to look for the promises of ability, instead of negativity because of a disability. After all, we believe in "Happiness" for everyone.

Janet Evertsen is the Executive Director of HGA Support Services, which provides community-based services to people with developmental disabilities.

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*Arc/Muskegon helps
Muskegon County people with
developmental disabilities
lead informed, independent
and active lives.*



Winter 2008

NEW MEMBERSHIP AND DONATION FORM

Help build the Arc

Serving People with Developmental Disabilities and Their Families

The **Arc/Muskegon** is a non-profit, charitable organization serving the citizens of Muskegon County. Membership is open to all citizens interested in the welfare of people with developmental disabilities. Membership includes mailing of **Arc/Muskegon News**, The Arc Michigan **Focus** newsletter, and The Arc of the United States **Insight** newsletter. We are all working together so that we can do more. Please join us.

NAME _____ PHONE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL _____

Individual/Family - \$25.00

Professional - \$75.00

Agnes Potuznik Honor Roll - \$125.00
(Arc/Muskegon first Director, 1959 to 1984)

Donation \$ _____

Gift Membership (Indicate person(s) above)

(All Fees and Donations are tax deductible)