



Monthly Memo
August, 2013

www.arcnm.org

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The mission of The Arc of New Mexico is to improve the quality of life for individuals with developmental disabilities of all ages by advocating for equal opportunities and choices in where and how they learn, live, work, play and socialize. The Arc of New Mexico will promote self-determination, healthy families, effective community support systems and partnerships.

Join The Arc – It is Easy and Free

Join The Arc in the movement for people with intellectual and developmental disabilities (I/DD). Show the world you support the basic human right of everyone to live, learn, work and play as valued, contributing members of their communities.

For 60 years, The Arc has promoted and protected the rights of people with intellectual and developmental disabilities and served more than 1.4 million individuals and their families through a strong national network of 700+ chapters. We advocate for the right of people with I/DD to live in homes of their choosing, have opportunities for meaningful and competitive education and employment, and have the supports and services they need to achieve their full potential.

Go to www.arcnm.org and click on Member Registration icon. As a member you will be able to register and pay on-line for future Arc events including The Summit on Social Equality and State Conference. In addition, you will be given the opportunity to vote for board candidates from your region.

Achieve with us.

New Mexico Initiative Hosts Public Forums

The New Mexico Initiative, a collaboration of ten key agencies and organizations that provide services to people with disabilities, will be hosting public forums from 4:00pm until 6:00pm in the following communities:

- August 15 – Taos Convention Center, 120 Civic Plaza Drive
- August 29 – Farmington, San Juan Center for Independence, 1204 San Juan Blvd
- September 12– Roswell, ENMU Occupation Technology Center, 20 West Mathis, Room 115

People within the disability community are encouraged to attend the forums and assist The New Mexico Initiative in gathering information on disability services. The public forums will include a meet and greet with the agencies to learn more about their services, followed by community suggestions and input on disability services.

The Initiative agencies are; Disability Rights New Mexico, The Arc of New Mexico, Parents Reaching Out (PRO), The New Mexico Developmental Disabilities Planning Council (DDPC), Educating Parents of Indian Children (EPICS), The Disability Coalition, Family Voices, the New Mexico Autism Society, the Governor's Commission on Disability, and the Brain Injury Alliance.

Arc Program for Individuals with Down syndrome

The Arc of New Mexico Self-Determination Program for Individuals with Down syndrome provides travel stipends for 10 individuals (and travel companion) to The Arc National Convention, the National Down syndrome Congress Convention, and stipends for 25 individuals to The Arc Summit on Social Equality/Conference.

Carmen Garcia, the Program Coordinator, is actively seeking individuals and family members who are interested in creating a person-centered plan. She is also looking for one individual to participate in a Public Policy Mentorship opportunity – the individual would have the opportunity to attend the Pre-Legislative Forum sponsored by the Disability Coalition, Disability Rights Awareness Day during the 2014 Legislative Session and the 2014 Disability Policy Seminar in Washington, D.C.

Last month several individuals and family members attended the 2014 National Down syndrome Congress Convention in Denver, Colorado. This month three individuals and their family members will be attending the 2014 National Arc Convention in Bellevue, Washington. Two of the families are from Shiprock and the other family is from southern New Mexico.

For more information about the program contact Carmen Garcia at cgarcia@arcnm.org or call 505-883-4630.

*The Arc of New Mexico Self-Determination Program
is funded through a grant from The Arc National Office in Washington, D.C.*

The Arc's End the DD Waiver Waiting List Campaign

I am Waiting!
Matthew Dutton
Albuquerque
Bernalillo County

Hello my name is Matthew Dutton; I am 33 years old living in Bernalillo County, New Mexico. I have Cerebral Palsy, and I use my electric wheelchair to get around to places. I am on the D&E Waiver and Mi Via. I have been waiting for the DD Waiver for 6 years!



I am also a “Licensed Mental Health Counselor”, with the state of New Mexico. I would like more funding for traveling to work, and for physical therapy at home. I have trouble with transportation and getting to work. Reliable transportation would help benefit me, and give me more work opportunities. Having funding for physical therapy at home would benefit my health; it will help make me stronger. I believe physical therapy will help reduce a lot of health issues for me.

I would also like funding to hire an assistant to help me with work. An assistant would help me more in the work place with training, public presentations, and traveling. It will help me be more independent, and increase my confidence. Having reliable and stable funding would assist me to be self-sufficient.

Funding for transportation would also help me be more active, and to participate in community activities. This will help me to be more social. Work, home, education, and leisure activities are very important to me.

As a self-advocate, people are entitled to live their lives the way they want. People are also entitled to make as many choices as they want regarding their future. Services and funding are vital to maintain independence for people with disabilities.





Families Supporting Families

Parents Reaching Out is now offering a support group for families of children with disabilities. If you are a family member of a child from newborn to 22 years old who is living with any type of disability, we invite you to join us.

The monthly support group will be facilitated by **Parents Reaching Out** staff members who understand the emotional, physical, and practical challenges you may face as you raise your children. We understand because we have faced many of the same challenges. We are pleased to offer families the opportunity to meet with other parents to share concerns and to get emotional support in a safe, caring environment.



When? – The first Tuesday of every month, our next meeting will be:

August 6th 5:30 p.m. – 7:00 p.m.

Where? – **Parents Reaching Out**
1920B Columbia Dr. SE
Albuquerque, NM 87102

Light refreshments will be provided.



From I-25—take the Gibson Blvd Exit 222 and go East on Gibson. Turn left at the third stop light (Girard). Turn left on Vail. Go one block to Columbia. Turn left on Columbia. Parents Reaching Out is on the east side of the street. Welcome!

For more information and to register (not required), please contact Erica Candelaria at Parents Reaching Out 505-247-0192 or 1-800-524-5176.

Individuals with disabilities who need any form of accommodations to attend or participate in this meeting should notify the office when registering for this event.



Childcare will not be provided, but you are welcome to bring your children with you.

Social Security Ticket to Work

An Opportunity to Achieve Self-Sufficiency and a Better Quality of Life

If you are receiving a Social Security Disability cash benefit, but would like to consider working and obtaining a higher level of personal satisfaction and self-sufficiency, it may be worth your time to explore the opportunities through the Social Security Ticket to Work program.

Social Security's Ticket to Work program supports career development for Social Security disability beneficiaries age 18 through 64. The Ticket is designed to help people progress toward financial independence, and the program is free and voluntary. It's a good fit for people who want to improve their earning potential and who are committed to preparing for long-term success in the workforce. Ticket to Work offers access to meaningful employment with the assistance of Ticket to Work employment service providers. If you are ready to go to work, there are people and organizations ready and waiting to help you!

Adelante Development Center, a local nonprofit organization, is a Ticket to Work Employment Network. Adelante has been involved with Ticket to Work for over 10 years, is the only provider in New Mexico with staff certified in Benefits Counseling, and the agency has better rankings for Ticket to Work than the national averages. Adelante uses an individualized approach in helping people finding employment wherein transferable skills and career interests are identified to match each person with the most appropriate job. Furthermore, a positive career ladder is always the approach taken when helping people to achieve a higher level of earnings that leads them to becoming self-sufficient and enjoying a better quality of life.

Adelante Ticket to Work can help people identify their career interests, build or update their resumé, navigate the application process, expand their interviewing skills, develop leads to help find work, and connect to other resources. Adelante also provides benefits counseling to help people navigate the complex Medicare/Medicaid programs as well as Medicaid savings programs such as QMB, SLMB, and QI. **Best of all, this service is free to people with disabilities.** Adelante is the largest Ticket to Work provider in New Mexico and recently expanded to California, Nevada, Utah, Arizona, Colorado, and Texas.

For more information, contact Ken Williams at Adelante (toll free) 1-866-896-3113 or 505-341-7131 or send an email to TicketToWork@GoAdelante.org. You have nothing to lose and possibly a new and better life to gain. There is no obligation or commitment to find out more and to begin your new working future.

Be an Arc Ally - Donate to The Arc

The Arc of New Mexico depends on public donations to sustain our work. You can make a one-time gift or a recurring gift. [Make a donation now](#) to support our mission to benefit all individuals with intellectual and developmental disabilities and their families in New Mexico.

A memorial gift is a beautiful and lasting tribute for a loved one or to a family as an expression of sympathy. Family and friends can be recognized with a gift in their honor. This might be for a special occasion such as a birthday, anniversary, holiday, wedding, retirement, etc.

Visit www.arcnm.org to make an on-line donation. Your support is greatly appreciated

Thank you to our 2013 Arc Allies

Platinum – United Healthcare

Gold – Bank of the West

Loretta Silva	New Mexico State Employees Charities
Phillip Grant	Albuquerque Ruff Ryders
Jean and Tom Payne	Maloney's Tavern
Community Health Charities of New Mexico	Sally Faubion
United Way of Central New Mexico	Randy Costales
Carmen Garcia	Donene Seelbach
Dolores Harden	Vicki Galindo
Doris Husted	Bernadette LeRouge
Van Nunley	Yolanda Tellez
Steve Scarton	
Dinah Padilla-Harvey	Hinkle Family Fun Center
Roger Weinreich	First Financial Credit Union
Priscilla Salinas	The Range Café
Cindy and Bart Faris	Dion's Pizza
Caitlin Kiennen-Breen	Saba Rasheed
Cecilia and Reyes Gurule	Amira Rasheed
Judith Greenfeld	Gabriel Silva
Sarah Grace	Cabot Creamery
Alma Mischke	Great Harvest Bread
James McNees	Designs by Jennie
Bonnie Stepleton	Christa Lopez
Alma Mischke	Alex Kiska
James McNees	Connie DeHerrera
Debbie Chavez	Eastern NM University
Casa Verde Spa	Daniel Ekman
Albuquerque Isotopes Baseball	Crowne Plaza Hotel