



Monthly Memo
May, 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.

Arc Summit/Conference Registration Extended until May 31

The Arc of New Mexico
Summit on Social Equality/Annual Conference
June 14 – 15, 2013
Crowne Plaza Hotel
Register at www.arcnm.org

Self-Advocacy On the Move!

The Arc of New Mexico joined the New Mexico Allies for Advocacy for a successful outreach event in Silver City, NM on April 17-18. Other partner groups included the New Mexico Disability Youth Leaders and New Mexico Developmental Disabilities Planning Council(DDPC) Center for Self-Advocacy. Approximately 1100 students at two different elementary schools attended presentations on self-advocacy, leadership, inclusion and disability awareness. The groups also hosted a self-advocacy awareness presentation at Life Quest Community Room on the evening of April 17. The outreach in Silver City was made possible in part by The Association of University Centers on Disabilities self-advocacy grant.

The Arc of New Mexico and the Center for Self Advocacy held a successful self-advocacy leadership conference in Roswell/Artesia area on April 24th. More than 127 people attended the conference. The theme for the event was “Opening the Door to Advocacy”. Sessions provided by self-advocates included, Life After High School, Embracing Diversity, Legislative Training and Freedom’s Entrance. A powerful panel of self-advocates sharing their success stories in employment and independent living ended the work for the day. The participants then enjoyed a fun evening of magic and dancing.

Congratulations! Adam Shand, People First Statewide Advisor, has been chosen to serve on the Advisory Group of the National Council of Self-Advocates of The Arc (NCSA). In his new role, Adam will be representing self-advocates from New Mexico. The NCSA currently has 13 members and has plans to expand and have someone from every state.

Adam Shand, People First Statewide Advisor and Steve Scarton, The Arc of NM Self - Advocacy Coordinator, have been invited to share their expertise in self -advocacy leadership development at The Arc's 2013 National Convention in Bellevue, Washington. Adam and Steve will be serving on a panel of speakers talking about the roles of self-advocates in grassroots advocacy, funding options for self-advocacy groups and models for increasing skills and awareness of disability rights.

End the DD Waiver Waiting List Campaign

I am Waiting!

My name is Frank; I live in Chaparral New Mexico, Otero County. I am 20 years old and I have autism. I live with my mother, father, 3 cousins, an aunt and a grandmother. I attend school at Chaparral High School.



I have been on the DD waiting List since 2011; my first application was lost in the system so my mother had to re-apply. I am nearing the end of my high school term and I worry about what the future holds for me. I am originally from Miami, Florida but my family is a military family and we have moved around quite a bit, we have settled here since 2002 buying a home in this area. My mother is my primary caregiver, but she also cares for my disabled grandmother.

I really enjoy computer games and I enjoy using my money that I earn to buy them. I had a job at the local grocery store where I was taken by a job coach through my high school and paid a stipend through the work study program but, sadly, I had to leave my job because the job coach does not work at my school anymore.

Right now my life consists of going to school and coming home, spending time on the computer. I would like to have someone spend time with me, maybe take me to an event or help me with life skills. I have dreams of one day going to a college and maybe taking a computer class, become a little more independent. My mother has hopes and dreams for me, too. She feels that if I had a support system, other than her, I could succeed in becoming more independent and learn to take care of myself in daily living situations and maybe one day even marry and have my own family.

I believe that when my name comes up and I am moved off the list I will be able to have the supports I need to move on. I am hoping that it will not take a long time for this to happen. It would be nice to give my mother a break, she deserves it.

I am Waiting!
Winter
Mora, New Mexico

Winter is 33 years old. Winter has profound intellectual disability, chronic medical condition, is non-communicative, and has a seizure disorder and upper and lower extremity contractures where she needs 24 hour care. Winter uses a wheelchair. Winter has been on the waiting list for 9 years.



Winter's daily care consists of her mother, Ms. Mares, routinely getting up around 5am every morning, transferring Winter out of bed, showering or sponge bathing, grooming which includes applying lotion, dressing, combing her hair, and brushing her teeth. Ms. Mares then prepares all of her meals and snacks for the day. Winter needs to be spoon fed because she cannot feed herself. Winter is in diapers so Ms. Mares needs to change her. Winter sometimes pulls and shreds her diapers into small pieces. Bedtime consists of giving Winter her medication then transferring her to bed. Winter has seizures 3 to 4 times a month and they increase when she is on her menstrual cycle or is feeling ill with a fever. Ms. Mares needs to check on her several times during the night to make sure she is ok.

Ms. Mares has been coping for over 30 years. It is sometimes very stressful, especially when Ms. Mares is not feeling well or has to run errands. It is difficult to transport Winter to her doctor's appointment, etc. Mom needs to make sure she has enough diapers, bibs and snacks. It is very difficult for Ms. Mares to go shopping for groceries or pay bills. Winter cannot be left alone.

The Developmental Disabilities Waiver would give Winter much needed services. She needs respite, therapies, day services, living supports, family living services and opportunities for social interaction. The DD Waiver would give Winter the opportunity to stay in a safe and comfortable environment which is her home. Ms. Mares would love to see her daughter achieve or maintain her optimal physical, emotional, and intellectual functioning.



***End the DD Waiver Waiting List Campaign funded by
The New Mexico Developmental Disabilities Planning Council***

Priced Out of Housing – 2012 Study Released

Priced Out in 2012 is a study of the severe housing affordability problems experienced by people with disabilities. *Priced Out* calculates the difference between what an individual receiving Supplemental Security Income (SSI) can reasonably afford to pay for housing costs and the average cost of modest housing units. *Priced Out in 2012* confirms that non-elderly adults with disabilities living on SSI confront an enormous housing affordability gap across the entire nation.

To read the study go to The Technical Assistance Collaborative website at www.tacinc.org.

Join The Arc of New Mexico – 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 I/DD 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.

2013 Board of Director Elections

The Arc of New Mexico is governed by a board of directors elected by individual members of The Arc. The elections are held during the Annual Business Meeting and this year the meeting will take place on Saturday, June 15 from 3:00pm until 4:00pm at the Arc Annual Conference.

The Board's Nominating Committee has put together a slate of nominees that includes individuals from each region of the state. As a member you can vote for the Senior Officers, Directors-at-Large, the Vice-President from your region, and the Director from your region. The Past-President position occurs automatically. All voting will take place on-line and you have several options:

- Early voting – Go to The Arc of New Mexico website (www.arcnm.org) and vote now.
- At the Conference – a computer will be set up for voting until 1:00pm on Saturday, June 15, 2013. No additional votes will be taken after 1:00pm.

Although voting is not mandatory it is important that individual members exercise their voting privilege.

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 Donors

Loretta Silva

Randy Costales

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Achieve with us.