

# The Advocate

## Welcome to the 'new' edition of our newsletter.

It has been some time since you have heard from us, but I assure you, we have been hard at work and have a lot to tell you about.

In this issue, you will see articles about our successful fundraisers — the Run, Walk, Roll and the 18th Annual Golf Tournament, our advocacy and updating and beautifying our group homes.

Additionally, you will notice announcements about some upcoming ARC events, specifically our Annual Meeting in September with our guest speaker Secretary of Health and Social Services Rita Landgraf.

An envelope for the 2010 Membership is enclosed. If you would prefer, you may renew your membership or join The ARC online by visiting our website at [www.thearcodelaware.org](http://www.thearcodelaware.org).

During these difficult economic times, we are attempting everything possible to raise funds necessary for our mission.

Margaret Mead once said, "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." At The ARC, we know this is true because our members have been changing laws and changing lives for nearly 60 years. Working together, we can continue to make a better world for people with intellectual disabilities.

Thank you for your generous support,



Terry Reilly  
*President of the Board of Directors*



## 2011 Delaware's Disabilities Services Budget

### *The Good, The Bad and The Ugly*

#### First, the Good News

Some of the proposed \$2.9 million cuts to the 2011 budget were restored. This is great news for the people we serve especially people who need housing next year. Based on the initially proposed budget cuts, only seven people would have been eligible for housing placements in Arc Homes and only on an emergency basis. All those placements were spoken for by May 2010 before the budget had even been passed. Thanks to the effective advocacy of Arc members and our advocacy partners: Easter Seals, Elwyn, Autism Delaware and the Delaware Association of Rehabilitation Facilities, we were able to prevent most of the budget cuts. There is now money for some additional housing placements and for some additional psychiatric and dental care.

#### The Bad News

The original cuts were not restored to the **base** of the Division of Developmental Disabilities Services (DDDS) budget. Instead, the money for housing placements (\$1,365,000) is in the budget of the Office of Management and Budget (OMB) listed under contingency items. Other money listed under Contingencies and One Time Items is also listed in the OMB budget. Some of that money may be available for psychiatric, dental and other ancillary services, but we don't know how much. **And, this is only one-time funding. There is no**

**guarantee it will be there next year since it is listed under contingencies. We don't think housing for people with intellectual disabilities is a contingency. It's a necessity.**

#### The Ugly News

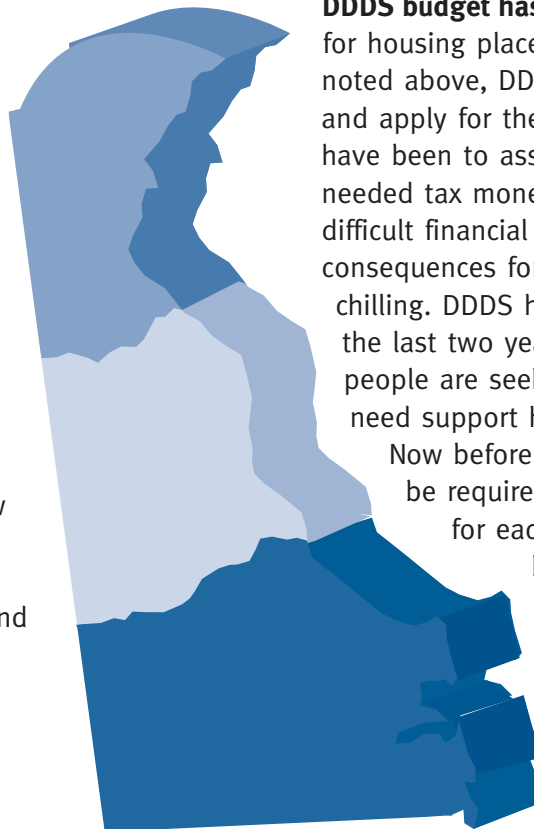
The bottom line ugly news is that, in fact, **the DDDS budget has been cut.** In order to get money for housing placements and other needed services noted above, DDDS will be required to go to OMB and apply for the money. While the intention may have been to assure budget control so that only needed tax money would be spent in these difficult financial times, the unintended consequences for the disability community are chilling. DDDS has lost many staff members in the last two years just at a time when more people are seeking support, and the people who need support have even more complex needs. Now before making a placement, DDDS will be required to go to OMB and make a case for each needed placement. So the burdens are even greater for all involved.

#### Better News in 2012?

At a recent Governor's Commission meeting, Secretary Landgraf has said she is more concerned about the 2012 budget than she is about the 2011.

So is The Arc. The federal and state budget cuts pose significant risks for individuals and their families. Housing and employment are key areas affected by the cuts.

If all this makes you anxious about the future, you are not alone. Read the *What Keeps You Up at Night* article on page 3. Together we can create a hopeful future for people with intellectual disabilities.



## What Keeps You Up at Night?

When your life involves a person with an intellectual disability, there are many serious concerns sitting quietly in the back of your mind during the day, only to race forward and make noise at bedtime. Those nagging, looming worries that start circling around just after your head hits the pillow. Larger-than-life questions, such as

- How do I make sure this education program is right for my child?
- What should I be doing to provide for my child's financial future?
- How do I handle my child's dating and romantic relationships?
- What can I do to protect my child from exploitation and abuse?
- Where will my child live as an adult?
- What kind of job can my child get and enjoy?
- Who will help my child when I'm gone?

You are not alone. The Arc of Delaware and the University of Delaware Center for Disability Studies would like to know more about the issues that cause frustration, anxiety and fear in families dealing with disabilities. We'd like to provide a safe forum for families to openly share the concerns that are heavy on their minds. And in sharing, we may find ways to help each other effectively meet current needs and plan for those that are emerging.

The Arc of Delaware will schedule an initial discussion group in October on issues that keep you up at night. Please watch your email in September for an invitation, and then RSVP quickly, as space will be limited. We sincerely hope you will join us.

Working together, we can continue to make a better world for people with intellectual disabilities, and hopefully, we can all get a better night's sleep.

## Upcoming Events

### Annual Meeting

Wednesday, September 22, 6:30 p.m.,  
Dover Sheraton Hotel  
Guest Speaker: Secretary of Health  
and Social Services, Rita Landgraf  
Cash bar/light fare.  
Attendees must register with the State Office  
(302) 996-9400 by September 17.

### Brandywine Arts Festival

Saturday, September 11, 10:00 am -5:00 pm  
Sunday, September 12, 10:00 am - 4:00 pm  
Brandywine Park, Wilmington  
\$5 General Admission, Children under 10 — free.  
The Arc will have a promotional booth and  
sell raffle tickets.

### Mark Your Dance Card

Dances are held at the Cheswold Fire Hall  
371 Main St. (Route 42) Cheswold, DE  
7:00 p.m. – 9:00 p.m.  
D.J. and refreshments at each event.  
For information call the Mid-Del office  
at (302) 736-6140.  
Hope you will join us!  
Dance Dates: August 20, September 24,  
October 15, November 19 and December 17

### Picnic Time

September 18  
11:00 a.m. -2:00 p.m.  
Killens Pond, Pavilion #1  
Bring your favorite covered dish.  
We will provide the hamburgers,  
hotdogs and soda.  
For information call the  
Mid-Del office at (302) 736-6140.



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## 18th Annual Golf Tournament was the Most Successful!

Many thanks to our Golf Committee and our Chairman Doug Johnston, Vice Chairman Richard Basilio, Arc staff and volunteers. Because of their hard work and dedication, this year's tournament netted more than **\$50,000, our most successful year to date**. This event is crucial to our budget.



The day, from the weather to our 115 golfers, was sensational. The live auction had tremendous support because Chairman Doug Johnston persistently charmed the crowd and cajoled many to make unbelievable bids. His inspiration stems from his son Gregory. The silent auction had over 150 items donated by local businesses and people supporting our mission.

**We would like to especially recognize our major sponsors. Without their support, this success would not be possible.**

## Arc homes...aging gracefully

Steve Knox, The Arc's Director of Maintenance and Construction, performed an accessibility study last year evaluating the condition of our group homes. "As the residents age, changes will need to be made, and some of the houses may need to be sold and replaced with more suitable, accessible homes" he said recently. "Our commitment is to make the homes as comfortable and safe as possible, for as long possible."

People with disabilities are living much longer lives due to improved medical interventions and quality of life. This is wonderful news, but the supports they need as they age are not always in place. Our 84 group homes are located throughout the state; some of these homes are accessible; some need upgrades such as bathrooms, ramps, etc., but others cannot be retrofitted in an affordable manner to meet our residents' needs; hence the need to sell and replace them. The accessibility study allowed The Arc to secure funding from the Welfare Foundation and New Castle County (NCC) HOME funds to make improvements and to be good stewards of the houses over the long term.

Welfare Foundation generously donated \$75,000 to provide these upgrades to nine separate properties. Improved accessibility to bathrooms to two homes in New Castle County and five in Sussex County and ramps were added to an additional two homes in New Castle County. This greatly improved the quality of life for the residents.



Micki Edelsohn, Treasurer of the Homes For Life Foundation (HFL), raised funds from NCC HOME and the Longwood Foundation to improve accessibility in a North Wilmington house donated by HFL in 2001. The idea came to her when she heard that one of the residents, whose sister lives with her, has bone cancer and is spending a lot of time in nursing facilities. "I want to keep the sisters together" Micki said "but I also want to make sure that both are safe, comfortable and well looked after." An additional concern was the

stress put on the staff. To this end, we are installing an elevator to make both floors of the home accessible and the bathrooms and bedrooms are being renovated. As these residents age, they will continue to benefit from the improvements so they will not have to leave

the comfort of their home and each other to move into a long-term care facility.

Micki and her husband, Dr. Lanny Edelsohn, are very supportive Arc Board Members. **The partnership between Homes For Life Foundation and The Arc continues to demonstrate how good things can be accomplished in a timely manner for people with disabilities.**

We also deeply appreciate the support of the Welfare and Longwood Foundations and New Castle County Community Services for their support of The Arc's Housing Program.

## Delaware employees of JPMorgan Chase volunteer for The Arc during “Beauty in the Community.”

On May 12, 2010, 132 JPMorgan Chase Delaware employees turned out for a day of home improvements in their community.

Divided into 14 teams, employees worked in the yards and gardens of 21 of the 84 Arc community group homes.

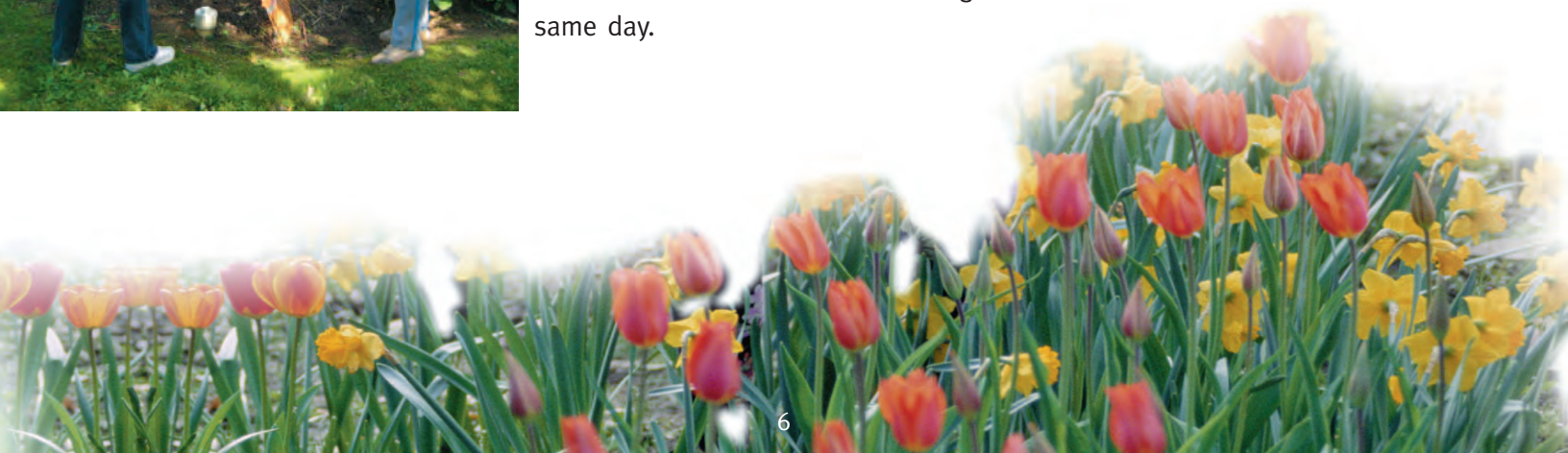
Last year, JPMorgan Chase volunteers created gardens for the residents to cultivate and this year employees returned to some of the same homes to continue this work. Improvements also included plenty of weeding, mulching and planting around the homes.

JPMorgan Chase volunteers participated in this project, called “Beauty in the Community,” that was spearheaded by Judy Doody, of CCS Change Delivery and Technology, who is also a member of The Arc’s Board of Directors. Funding was received from JPMorgan Chase’s Global Philanthropy to purchase plants and shrubs for the project. Channel 6 News covered the project during their evening broadcasts the same day.



As a non-profit organization with limited financial resources, The Arc has been forced to cut expenditures. "There’s no room in their budget to add some foliage or tidy up a flower bed," said Judy Doody. "I feel very fortunate to work for a company that encourages volunteerism and [makes] this event possible."

The Arc of Delaware is a long-time recipient of financial funding from JPMorgan Chase and is delighted to see the relationship between our organization and the bank continue to expand in this manner. We look forward to working with the volunteers again in the near future!



## Mental health support — a growing need for Arc clients

During an average work day, Arc Social Worker Mary Beth Limmina may receive dozens of increasingly frantic e-mails from one of her supported employment clients whom we will call Valerie. The e-mails will veer from cheery updates about Valerie's day to despairing monologues about her family, co-workers, self image and personal relationships, to expressions of extreme anxiety and depression and even suicidal thoughts. Mary Beth is very careful how she responds. "I am supportive and pro-active and I counsel Valerie to the best of my ability," she says, "but I worry that my lack of training and experience in the field of mental illness means I can't give her the most appropriate support she needs to get her through her emotional swings and crises." All of our counseling staff support clients like Valerie who have a dual mental health and intellectual disability diagnosis.

Vanderbilt University reports that "approximately 40% of adults with intellectual disabilities also show severe mental health challenges that impede their everyday activities." Many will not receive assistance from state systems and the various intellectual disabilities and mental health organizations because of misdiagnosis or misinformation and the fragmentation of the two systems.

The Arc recently hosted a series of meetings to address these concerns and to share information. Participants included: Sarah Marvian of the Division of Developmental Disabilities Services (DDDS); Ken Singleton, Executive Director of the National Alliance on Mental Illness, Delaware (NAMI); Steve Dettwyler, Director, Community Mental Health and Addiction Services for the Division of Substance Abuse and Mental Health (DSAAMH); and Jim Lafferty, Executive Director of the Mental Health Alliance of Delaware (MHA). Arc staff included Judy Govatos, Carol Reid Hall, Deb Nock, Mary Beth Limmina, Yvonne Coleman and Patricia Kelleher.

The meetings focused on case studies illustrating key concerns for The Arc staff as they work with individuals like Valerie whose disability involves both mental illness and an intellectual disability. Many of these individuals are referred to The Arc by the Division of Vocational Rehabilitation (DVR). We received an education on the array of services available for those with mental illness, many that we were not previously aware of, including the locations of DSAAMH's four mental health clinics in Georgetown, Wilmington, Dover and Seaford. Since these meetings, we are now better equipped to address the complex needs of dually diagnosed clients.

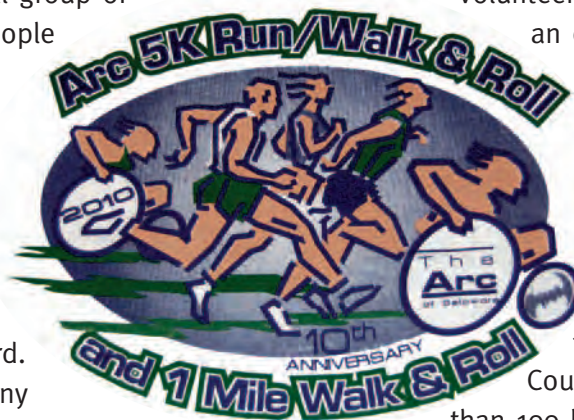
If you have information or experience of supporting someone with a dual diagnosis you'd like to share, please contact Patricia Kelleher at [pkelleher@arcde.org](mailto:pkelleher@arcde.org) or at **996-9400 x 111**.

Special thanks to Ken Singleton who provided Arc staff with an extensive array of reference materials for our resource library.



## 10th Annual Run, Walk & Roll a Roaring Success!

As most of you know, a small group of thoughtful and committed people can make big things happen and when that group is led by Tony DeSanctis, great things happen for The Arc's Run, Walk & Roll. In 2010, Tony was honored by the Mid-Del Committee with the Outstanding Service Award. Over the past three years, Tony and his team have generated \$8,500 for individuals with intellectual and developmental disabilities. The support of such dedicated



volunteers is essential to the success of an organization like The Arc of Delaware. We also wish to thank the organizing committee specially the Chairman, Larry Lussier.

The 10th Annual Arc Walk, Run & Roll was held on April 17 at the Wild Quail Golf and Country Club in Wyoming. More than 100 local businesses and individuals participated in this event that raised \$11,738 to support Arc programs.