



# Impact Newsletter

## Arc Mid-Cities

Los Angeles, California, 2009, 4th Quarter, Vol. 28



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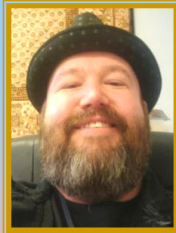
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**Arc  
Mid-Cities.**

**Promoting Rights for People with Developmental Disabilities Through their Services which Expand Independence and Choice, Invite You to Join Us in Making a Difference. DONATE NOW**

**TO VIEW ARC MID-CITIES' VIDEO, VISIT ARC MID-CITIES' WEBSITE @ WWW.ARCMIDCITIES.ORG**



## OFFICIALLY ANNOUNCING "PARENTS ADVISORY COMMITTEE MEETING" HELD MONTHLY FOR CONSUMERS' PARENTS AND FAMILY OF ARC Mid-Cities

BY ROBERT MARTIN, VR/SEP CASE MANAGER

**O**n Monday, December 7<sup>th</sup>, 2009, Arc *Mid-Cities* hosted its' monthly "Parent's Advisory Committee Meeting" led by Ms. Rachelle Mc Murray, mother of Lisa Mc Murray, one of the consumers being served in our workshop. Our agency feels that it is vital to provide a forum for the parents and family of the people being served by Arc *Mid-Cities*. We believe this allows us to better serve our consumers by listening to the needs of parents and providing them access to our agency



Miss. Rachelle Mc Murray, Parent of Lisa Mc Murray

and Robert Martin, SEP (Supported Employment Program) Case Manager (as shown in the photo below). Arc *Mid-Cities*' staff, as mentioned, was present to host and answer questions and concerns of the parents. In response to the concerns of parents, this meeting was scheduled by the parents at 5:30 p.m., in which they chose to have a potluck, allowing them time for a very informal and comfortable way for everyone present to get to know each other.

During the meeting, Betsog Jugo gave a short presentation concerning some of the budget issues facing our parents. The most notable being the impending implementation of our Senior Program that will be affecting some of the con-

letters for re-determination, paystub requests, and issues concerning over-payment. They asked if *Mid-Cities* personnel could arrange for a representative from the Social Security Administration Office to attend the next meeting and give a presentation and provide answers to their questions.

In conclusion, Mr. Jugo (not shown in photo below) showed the parents an Arc *Mid-Cities*' video created for people outside of our agency of the services we provide our consumers on a daily basis. Some of the parents were thrilled when they spotted their loved ones in our video.

The parents plan on having another meeting in January. If you would like more information,



Lt. to rt. Parents, Rachelle Mc Murray; Noah Montepeque and Ruth Montepeque; Anminda Flores and her son, Martin Flores (BMP consumer); and Staff, Tammy Hood, Quality Assurance Director; Joyce Adams, WAP Case Manager; and Robert Martin, SEP Case Manager; and, parents, Armando Garcia, Jose Garcia, Josephina Luna, and Efrain Luna, Sr.

and personnel that they may not normally have. It is also very important that the parents of our consumers have a unified voice so that they may advocate for their loved ones concerning topical issues, including the major changes taking place as a result of the budget-cuts being experienced by agencies serving people with disabilities in the state of California.

The December 7<sup>th</sup> meeting was held at the Los Angeles Administrative Office of Arc *Mid-Cities*. Arc *Mid-Cities*' staff in attendance was Betsog Jugo, Senior Program Manager; Tammy Hood, Quality Assurance Director; Joyce Adams, WAP (Work Activity Program) Case Man-

agers over fifty (50) years of age in the BMP Program (Community Integrated Behavior Management Training Program) and Workshop (WAP) programs. This Senior Program will be an option for those over the age of 50 that wish to have a day program experience that does not include as many hours nor does it include work. The concern of the parents was that their loved ones would be forced into this program, and that they do not consider anyone over fifty (50) to be required to stop working.

Some of the parents were concerned about the social security benefits being received by their loved ones. They recently received

please feel free to call our main office at (310) 329-9272, 8:00 a.m. to 4:30 p.m. We will also be sending letters to all parents being served by Arc *Mid-Cities* near the end of the month informing them of the day, time, and location of our next meeting. Also, see updates at Arc *Mid-Cities*' website:

[www.arcmidcities.org](http://www.arcmidcities.org)  
[See Advertisement, page 4]



As shown above, Noah and Ruth Montepeque; next photo, Anminda Flores, and Martin Flores, Arc *Mid-Cities*' BMP Consumer

# Employers Brace for Swine-Flu Outbreaks

## Cross training, hand sanitizers become priorities

CORPORATIONS WORLDWIDE ARE GIRDING FOR SWINE-FLU OUTBREAKS AND DEVISING PLANS TO KEEP THEIR OFFICES AND FACTORIES RUNNING.

**Published by SWJ.com (Wall Street Journal), Swine flu has made Friday afternoons a lot busier for some employees of Hormel Foods Corp.**

Hormel's Friday-afternoon training is an example of how corporations around the world are girding themselves for swine-flu outbreaks. The illness, also known as H1N1 flu, has infected millions of people and killed at least 5,700 world-wide. Worried they could face throngs of ill and absent employees, companies are devising plans to keep their offices and factories running. They also hope to prevent or limit the spread of infection in the workplace by installing hand-sanitizer dispensers

and thermal scanners, ordering workers to wipe down their desks and phones, and asking employees who don't feel well to stay home.

So far, outbreaks appear to be more common in schools than workplaces. But the number of cases is rising, and deliveries of a new vaccine against the virus are slower than officials had hoped. Eighty-one percent of attendees polled at a September conference by the Center for Infectious Disease Research and Policy at the University of Minnesota said their greatest concern about H1N1 flu was employee absenteeism.

*Medical physicians' recommendations are: keep your hands clean and away from your eyes, nose, and mouth. Also, cover your mouth when you cough and sneeze.*

## Arc Mid-Cities is offering Flu Vaccinations to it's staff members:

Arc 'Mid-Cities' administrative office request all employee staff to stay at home if you have any symptom of the flu. You may not return to work until you have a note from your doctor on his/her stationary stating that you are well enough and are symptom free to return to work. If you find that any of your consumers have any symptoms of the flu, he/she must be sent home immediately and must be symptom free before they will be allowed to return to work. A note from their doctor on his/her stationary stating that it is okay to return to work will be required as well. ■



### Arc Mid-Cities Outcome Statement

The participating consumer will gain skills necessary to advance to lesser restrictive environments, either within this program or another program, through the attainment of a reduction or elimination of any inappropriate or anti-social behavior; a higher level of independent living; a community awareness; pre-vocational skills; or communication skills without being injurious to others or getting him or herself injured in any manner.

### ARC MID-CITIES' MAIN OFFICE

#### STAFF TRAINING SCHEDULES

CONDUCTED BY  
BETSOG JUGO  
&

AMERICAN RED CROSS

- ▶ CPR Training conducted by American Red Cross
- ▶ ProAct, formerly called Part Training;
- ▶ Time Study and Piece Rate Training



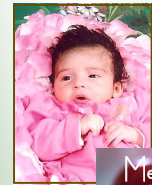
*Best Wishes*

## AND MANY HAPPY RETURNS

*Congratulations*

Kenneth Payne, of the Los Angeles Office, and his Newly Beloved wife, Shanell, Became Newly Wed on September 12, 2009

Sara Tora, of the Compton Office, and her husband, Juan, Welcomed the Birth of their baby girl, Melissa, 7 lbs., 4oz's. September 20, 2009



Melissa Tora, daughter of Sara Tora and her husband, Juan.

Richard Sanchez, an Orange County Arc consumer who works at UC Riverside, has formally announced his engagement to his longtime girlfriend Tiffany. They will be married in October of 2012, after a long courtship that began 6 years ago when they first met at a Halloween party. Congratulations Richard!



*Best Wishes*



## HOW TO GET THERE! — OUR RESPONSIBILITIES

BY BETSOG JUGO, SENIOR PROGRAM MANAGER

All people with developmental disabilities should have access to services, programs, and activities in which they have an interest. Consistent with that philosophy, Arc *Mid-Cities* selected attitudinal, architectural, communication, employment, transportation, environmental, and financial barriers. Because we feel that people with developmental disabilities face a variety of these challenges, we want to have an impact on them in a positive manner.

The community at large is still very unaware of the capabilities of those individuals who we serve with developmental disabilities. Often, terms such as “handicapped” or “retarded” are used to label individuals. This is unacceptable and we have a responsibility to educate the public on such matters. Arc *Mid-Cities* can ensure that the public is made aware of the capabilities

of those individuals with disabilities by displaying articles and write-ups in our Impact Newsletter and the local newspaper and making awareness presentations such as sensitivity training, consumers’ rights advocacy training, etc. to local, civic and community organizations on a regular basis.

Recognizing that our communications are essential in achieving our mission in all respects, Arc *Mid-Cities* will continue to make communication training available to our staff. We will continue to address these barriers by making presentations to the local community in order to enhance the communication issues for persons served.

One important aspect of Arc *Mid-Cities*, and consistent with our goal of maximizing self-sufficiency, is the eventual employment of the persons that we serve. Toward this end, our staff’s involvement with local em-

ployers, various local, state and national groups will continue to expect appropriate behaviors and work performance of our consumers in order to ensure their success as they enter the competitive labor market. Together, with our transportation department, every effort will be made to increase the chances of success for our consumers by helping to identify and correct those transportation barriers that exist within our community. With our own vehicles, we will either try to make them accessible to our consumers or, when they are replaced, we will purchase only those that will be accessible. Staff will collaborate with local transportation services, such as the Metro Bus/Metro Link System, and will act as advocates for persons with disabilities to encourage the continued expansion of public transportation systems that are accessible. ■

**A**rc *Mid-Cities* IS  
NOW ACCEPTING  
EMPLOYMENT APPLICA-  
TIONS FOR THE FOLLOW-  
ING POSITIONS:

- ◆ Direct Care Staff
- ◆ Case Managers
- ◆ Job Development
- ◆ Drivers (with Clean

## 2009 SCLARC VENDOR FAIR

October 15, 2009 — at the California Science Center, 700 Exposition Park Drive, Los Angeles, CA 90037, from 2:00 to 4:30 p.m., the 2009 Vendor Fair was held for all SCLARC (South Central Los Angeles Regional Center) Vendors (including Residential).

Enclosed is a “2010 SCLARC Vendor Directory”. **GET LISTED OR BE UNSEEN!** The 2010 SCLARC Vendor Directory is the first of the annual directory for vendors of SCLARC. This handy and useful guide will be distributed to more

than 10,000 service coordinators, consumers and families to help them learn more about the array of services available. Its compact size makes it easy for service coordinators and others to carry to home visits, fit easily in a purse or briefcase, makes it accessible at their desks, thus easy to find out about you and your program. You can be listed in the directory, place an advertisement on your program or both. Either way you go, you can’t lose. The only way you’ll lose is if you don’t list your company, no one will know how to find you!

To learn more, contact Davina Douthard at (323) 294-4220 or [Davina@sclarcvac.org](mailto:Davina@sclarcvac.org) ■



**Arc Mid-Cities**

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**A non-profit association  
dedicated to promoting the  
general welfare of people  
with developmental disabili-  
ties.**

**We're on the Web!**

**[www.arcmidcities.org](http://www.arcmidcities.org)**

If you believe that we have made an error or you have questions about Arc *Mid-Cities*' Impact Newsletter, you may contact Betsog Jugo, Editor-in-Chief, and/or J. Trenice Bounds, Associate Editor and Writer, by mail, email, or by phone (310) 329-9272. Trenice may be reached directly at (310) 631-9176.

Betsog Jugo and Trenice Bounds' email address is:

betsogjugo@arcmidcities.org  
tbounds@arcmidcities.org



*The Dove Can Help*

**For Sale**

**Arc Mid-Cities'**

**Polo Shirts \$10.50  
each**

*If interested, please see  
or call Sybil at  
310) 329-9272*

**Arc Mid-Cities**  
**14208 Towne Avenue**  
**Los Angeles, CA 90061**

[See page 1]

**A**RC *Mid-Cities*, Administrative Office,  
located at 14208 Towne Avenue  
Los Angeles, CA 90061,

is INTRODUCING AND PROUDLY  
WELCOMING  
PARENTS / CARE PROVIDERS AND THEIR  
FAMILIES TO CONDUCT THEIR OWN

**"PARENTS ADVISORY COMMITTEE MEETING"  
HELD MONTHLY**

The Last Meeting Successfully Held:  
**DECEMBER 7, 2009**  
**5:00 PM**

*Please RSVP to Your Child's Case Manager Prior to Date Scheduled  
(if planning to attend).*

*Holiday Potluck!*

**FOR PROGRAM UPDATES, NOTIFICATIONS, EVENTS,  
KEY SPEAKER(S), ETC., GO TO:**

**Arc Mid-Cities' WEBSITE [www.arcmidcities.org](http://www.arcmidcities.org)**