



# Impact Newsletter

## Arc Mid-Cities

Los Angeles, California, 2011, 1<sup>st</sup> Quarter, Vol. 28



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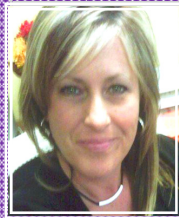
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Arc Mid-Cities.

**Promoting Rights for People with Developmental Disabilities Through its' 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



### ARC Mid-Cities' FIRST CONSUMER ART GALLERY ORGANIZED AND DIRECTED BY WES HALL

BY CORINNE SHAFER, CASE MANAGER OF ORANGE COUNTY

Arc Mid-Cities

Orange County office opened its first Consumer Art Gallery on Tuesday, March 1<sup>st</sup>. It was organized and directed by Mr. Wes Hall, Quality Assurance Specialist/Art Director, shown in photos.



Mr. Hall has been passionate about art all his life. He had his first one-man showing at the age of 16. His career since then has included such highlights as being Art Director for the Otis Parsons School of Design in L.A. (Los Angeles). He painted the world's largest high school mural in

Compton, CA and he painted a mural of historic buildings of downtown L.A. at the L.A. Vista Center, among other murals at various churches and schools. He also has been sought after to paint commemorative portraits of people being honored. His favorite portrait is the one he painted for the opening of the Martin Luther King Hospital in L.A., featuring Dr. and Coretta Scott King.

Regional Center, and then to the ARC L.A. Office as well, dates to be announced.

The exhibit includes contributions from the following consumers/artists: James Dunham, Kenneth Kallup and Joe Valequez (L.A. Office), and Afshim Bayat, John Chiarolla, shown below with Mr. Wes Hall, Emmanuel Goldman, Jerry Kurtz, Samuel Montes, Graciela Perez and Edwardo Martinez (O.C. Office). ■

Mr. Hall has been collecting consumer art work at Arc Mid-Cities for the past few months, and will be displaying their work at the Orange County Office for the next week. Next, the displays will move to the O.C. (Orange County) Santa Ana



carf INTERNATIONAL

Cerf's (Commission on Accreditation of Rehabilitation Facilities) summary of its 'Survey Outcome' reports that Arc Mid-Cities earned its' **Three-Year Accreditation**. It demonstrates a commitment to CARF's excellent standards. ■

Arc Mid-Cities — CARF (Commission Accreditation of Rehabilitation Facilities)

Accredited

For more information,

go to CARF's official web site: [www.carf.org](http://www.carf.org)

Have Confidence IN YOUR CHOICE



## ARC *Mid-Cities*' GROWING AGAIN — DEVELOPING JOBS

BY TAMMY HOOD, QUALITY ASSURANCE DIRECTOR

**A**rc *Mid-Cities* is growing again. To meet the needs of our expanding client groups our Executive Director, John Wagoner, called together a brainstorming group to develop new job opportunities for the consumers we serve. The groups decided that business plans would be developed for nine (9) of the best ideas that were presented during the session.

At our next Management Meeting the groups will present their business plan developments for each of their three (3) winning ideas. Group X consists of Billy Reed, Andrew Kilgust, and Marie Spencer. The business plan ideas they will develop will be for a 'T-Shirt Imprinting and Sales Opera-

tion', a 'Meals-on-Wheels/ Nutri-Systems (type) Food Packaging' company and a business plan for 'Chicken Coop Manufacturing' which can be built for \$100 and sell on Ebay for \$500.

Helen Ahn, Peggy Boutte, and Daphne Jones will develop Group Y's business plans for a 'Mobile Paper Shredding' enterprise, a 'Restaurant Assistance' program which has clients wrapping utensils for restaurants each day, and finally, they will be developing the concept of a 'Charity Product' where a portion of the purchase price of an item will go directly toward benefiting people with developmental disabilities.

Group Z has Tammy Hood, Danielle Campbell and Linda Baskin

developing the business concept of 'Packaging and Marketing Fertilizers' to large home supply stores, creating a business plan for an 'Animal Shelter Clean-up Crew', as well as, developing the concept of 'Packaging Gift Baskets and Company Info. Bundles'.

Each business plan will include an analysis of the market, business environment and likely competitors, as well as a plan for marketing and start-up financing ideas. After the managers present at the Management Meeting have voted for the best development plan, the winning group will be awarded \$50 VISA gift cards. It is our hope that these efforts will provide more variety and job choices for the consumers we serve. ■



### 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 or getting 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**



## THE 2011/2012 BUDGET

BY BETSOG JUGO, SENIOR PROGRAM MANAGER

A total of \$1 Billion in cuts will be in effect if this budget gets approved. A three-fourth million cut represents 20% of the entire budget for community services for the developmentally disabled. With that cut in budget, the expected additional budget from the federal government for community services will be put at risk. The federal matching funds will be reduced if not eliminated which would result to limited consumer choice, which could end up into violation of the federal rules that will really eliminate the federal

dollars.

Programs provided by Arc *Mid-Cities* and other similar providers will not survive such cuts on top of the 10% in cuts already absorbed in the previous two- budget years. Day program agencies vendedored by regional centers like Arc *Mid-Cities*, will fold due to its inability to sustain continued stress and fund raising difficulties.

How can a program that shrunk by one fifth in funding survive to maintain stability and continuity?

Cuts of this magnitude will result

in thousands of unemployment and severe reduction of employee benefits for those luckier ones who are able to keep their jobs. But ultimately, this will lead to consumers' loss of employment opportunities; build up waiting lists even for basic services; loss of consumers' self esteem and self-actualization; or simply moving them back into state owned institutions at more than double the cost.

What do we have to do? ■

California Department of  
**Public Health**



For the current 2010-2011 flu season, the seasonal flu vaccine also includes protection against H1N1 flu



## Influenza (Flu)

Influenza is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent influenza is by getting a flu vaccination each year.

**For the current 2010-2011 flu season, the seasonal flu vaccine also includes protection against H1N1 flu.**

That means that, most Americans will be able to return to having one flu vaccine to protect them against the major circulating viruses, including the H1N1 virus. As is always the case with seasonal vaccine, younger children who have never had a seasonal vaccine may need two doses. Talk

with your doctor about protecting yourself and others against the flu. Californians can also take steps to prevent themselves and their families from getting flu and other respiratory infections by washing your hands frequently, covering your cough with a sleeve or a tissue, and staying home if you are sick.

View personal stories of people affected by the flu at [ShotbyShot.org](http://ShotbyShot.org). For more flu information, visit [www.flu.gov](http://www.flu.gov).

**The California Department of Public Health (CDPH) Influenza Surveillance Program** is a collaborative effort between CDPH, the Centers for Disease Control and Prevention (CDC), Kaiser Permanente,

California local health jurisdictions and the participating California sentinel providers and sentinel laboratories. Influenza surveillance in California is particularly important due to its coastal location with several ports of entry for flights and shipping from Asia. Annual influenza epidemics follow a winter seasonal pattern in the United States with typical activity peaking during late December to early February. CDPH obtains and analyzes clinical, pharmacy and laboratory data year-round in an effort to determine the timing and impact of influenza activity and to determine how well circulating strains of the virus match those used in the current influenza vaccines. ■



**Arc Mid-Cities**

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

**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.

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tbounds@arcmidcities.org

*The Dove Can Help*

**For Sale**  
**Arc Mid-Cities'**  
**Polo Shirts \$10.50**  
**each**  
*If interested, please see or call Tasha at (310) 329-9272*

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

**Arc Mid-Cities' COMPTON**

**Congratulations**

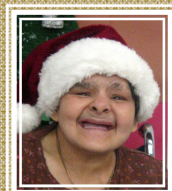
**WINNER OF 'EMPLOYEE OF THE YEAR' 2010 AWARD**

**FRANCIS FLORES**

OUR PRAYERS AND CONDOLENCES TO THE PARENTS/CARE PROVIDERS OF ATTENDEES OF ARC *Mid-Cities* OF COMPTON FOR THEIR LOSS BY DAVID HOOD, PROGRAM MANAGER, COMPTON, CA



Thomas Lorens,  
Former Client  
of Arc *Mid-Cities*,  
Compton, CA



Vivian Zeigler,  
Client of Arc *Mid-Cities*,  
Compton, CA

**T**homas Lorens, 'Barry', as he was affectionately known to staff, attended *Mid-Cities* Compton program for many years, leaving in December, 1997 due to health reasons. Barry, we miss your laughter, especially as you greatly enjoyed the 4<sup>th</sup> of July fireworks celebrations here at *Mid-Cities*. Vio con Dios "old friend." ▪

**V**ivian Zeigler—We are sad to report the passing of Vivian Zeigler, who attended the *Mid-Cities* Adult Developmental Center (ADC) Program for many years. Vivian "wore" her emotions daily, whether sad or smiling from "ear to ear." Vivian, thank you for the many years you were loyal to *Mid-Cities*. ▪

**Arc Mid-Cities, Compton**  
**Employees of the Month of 2010**

 KARLA MENDEZ Employee of the Month of July	 MARIA PENA Employee of the Month of September	 ELIZABETH (LISA) VACA Employee of the Month of November
 DEBORAH BRADFORD Employee of the Month of August	 JOYCE NICHOLS Employee of the Month of October	 TRENICE BOUNDS Employee of the Month of December