



*Danci' With The Arc—continued from page 1*

Self Advocates admission is \$15 and the general public is \$75 per person before 8/31/08 and after 9/1/08 is \$85 per person.

“There are many ways to support the event by underwriting self advocates to attend and becoming a corporate sponsor of the event,” stated Joel Kaplan, Development Director. You can reach out to him at 513.821.2113, ext. 119 to discuss the various levels of support and sponsorship for the evening’s festivities.

“We have attracted to the committee some wonderful new and enthusiastic volunteer committee members that have brought so much energy to the planning of the event,” stated Tom Gannon, The Arc President of the Board. Jason Wittekind, from NA Properties; Allison Kreitzer Smith; Jay Allgood from 5/3rd Bank;

Mindy Freson from Cincinnati Children’s Hospital; Karen Grismayer and Lynn Helfrey from Liberty Mutual; and Melanie Edwards from MC Label who designed the invitation and logo for the event.

We also drafted many current board members including: Jenny Voorhees, Ellyn Gillette, Adriana Hernandez Capone, Tom Gannon, Heather Kreitzer, Alfred Joseph and Sandra Grether. In addition, self advocates Mary Lutz and Nina Matthews are contributing to the planning of the event. Arc Staff working on the project are: Joel Kaplan, Ann Snyder and Tom Eamoe.

See you at 7:30 p.m. on 10/3/2008, so don’t be late. It is going to be one of the most fun adult nights out of the year. Be there or be square.

## Securing Your Dreams Conference a Success!



*Scott Silver of the Paragon Financial Group leads a breakout session for conference participants*



*Chris Collier of the Paragon Financial Group*

On April 5th from 10:00 to 3:00 at the Drake Center, 30 participants heard about financial planning for their child with special needs. The conference was hosted by **The Arc Hamilton County** and sponsored by **The Paragon Financial Group** and **Mark Reckman**, attorney with Wood and Lamping LLP. **Marti Estep**, Director of Community Services

from the Hamilton County Board of MRDD also presented. Topics such as *Special Care Life Planning*, *Letter of Intent*, *How Assets that are left to Beneficiaries with Special Needs can affect State and Federal Benefits*, and *Creatively Using Existing Resources* were presented.

These sessions will continue throughout the year focusing on specific aspects of financial planning. For more information about future sessions, please contact Patty McMahon at 513-821-2113, extension 113 or [Patty@archamilton.org](mailto:Patty@archamilton.org). If you missed the conference and would like to have a packet sent to you, give Patty a call at 513-821-2113.

### ***Are You Over 70?***

*In 2008 you can leave your IRA to*

**The Arc Hamilton County**

*It is as simple as ABC.*

*Call Joel Kaplan,*

*513.821.2113 ext.119*

**Thank You  
2007 Donors!  
[www.archamilton.org](http://www.archamilton.org)**



***The Arc Hamilton County would like to take this opportunity to thank Sheryl Kukelhan and Kristen Bell from the cash office at the Forest Park Walmart. Sheryl and Kristen and the wonderful staff at the customer service desk in Forest Park have been instrumental in making sure that The Arc's clients get Walmart gift cards to purchase items they need. They make sure that clients can get their groceries or clothing or baby equipment with just the swipe of a card avoiding the inconvenience of using checks. Thank you Sheryl and Kristen for helping us to make ours a community of open doors and doing it with friendly smiles.***

## **We Want to Hear From You!**

Is there a topic you would like us to cover in our next newsletter?

Have you written something you would like to submit?

Send feedback, ideas, materials and requests to  
[Joelkaplan@archamilton.org](mailto:Joelkaplan@archamilton.org)

## **Grants Received**

by Joel Kaplan

"The Arc has been the recipient of several grants from a variety of funding sources over the last months," Joel Kaplan, Development Director is pleased to announce.

We received a grant from the Nationwide Foundation for Summer Camp Clothes of \$11,000. These funds will provide families up to \$150, ensuring children with intellectual and developmental disabilities have summer camp clothes. Parents must have their child(ren) enrolled in a summer camp program.

We received a \$10,000 grant from the Crosset Family Fund of the Greater Cincinnati Foundation to develop parenting classes for families raising children with developmental and intellectual disabilities from various ethnic groups in the greater Cincinnati area. This grant will augment the funds provided by the Charles H. Dater Foundation. That funding developed the parenting class curriculum and demonstration classes attended by area parents. (See story on page 4.)

The Arc received two grants to support the Self Advocacy Education program for high school students with developmental and intellectual disabilities from the Jack J. Smith Charitable Trust, PNC Bank and Karen B. Wachs, co-trustees, and the Andrew Jergens Foundation. The funds received were \$10,000 from the Jack J. Smith Charitable Trust and \$15,000 from the Andrew Jergens Foundation.

In addition, we were the recipient of a \$20,000 grant from the Spaulding Foundation for the Individual Case Advocacy program for the calendar year 2008. This has been a greatly successful program providing support to families in the school systems throughout the greater Cincinnati area.

Overall, we have had a super response to our grant seeking efforts. The Arc Board, staff and members wish to thank all of our grant making supporters.

**Have We Got Bequest Ideas for You!**

**Leave a bequest to  
The Arc Hamilton  
County**

**Call Joel Kaplan  
513-821-2113 ext. 119**

# Parenting Classes

by Carol Igoe

Under the leadership of Carol Igoe, The Arc just finished a collaborative parent training initiative with Cincinnati Public Schools. The two agencies pooled resources to pilot an inclusive model of support for parents of children with special needs.

Funded by a grant from the Charles H. Dater Foundation, this parent training project focuses on combining the disability expertise of The Arc and other disability organizations, like CITE Services and the Department of Developmental and Behavioral Pediatrics at Children's Hospital, and Hamilton County Board of MRDD, with the parenting expertise of Community Parent Training Centers, like Beech Acres, Catholic Social Services and Jewish Family Service. The goal of the project is to enable both kinds of agencies to offer best practice parenting support to parents of children with disabilities.

For the pilot at CPS, a group of CPS parents, the agencies identified above, and the CPS Parent Mentor and Project Search programs presented a series of 5 two hour workshops during January, February and March. The series, titled "Raising Your Child with Special Needs", covered the effects of the diagnosis of a disability on the family and effective ways that families use to adapt to it; research based models of parenting strategies for all parents, as well as specifically for parents of children with disabilities; creative coping; stress, problem solving and respite; encouraging self-confidence and independence; and community resources. The design empha-

sized interactive informality, parent connection, and concrete demonstration of parenting strategies. Busken's Bakery and That Catering Company donated supper for the parents attending each workshop, adding to the warm atmosphere of the workshops. Parents commented, "wonderful information, as always!", "very informative", "I learned a lot of very useful info!" For the question "What did you like the most?" parents said, "Presenters' experience and knowledge was very relevant; the practical suggestions to use; examples of situations; time for questions; handouts; very interactive; the laughter".

The pilot was designed by a collaborative network of parents, Arc staff, and agency representatives in two focus group sessions. The network meets monthly to review evaluations from the workshops and modify the parenting curriculum and teaching strategies. The next steps include securing funding for implementing additional parent series. Over the summer, much of the material developed for the series will be posted on the Arc website so that parents and agencies can use it. The Arc has secured an additional grant to develop culturally sensitive parenting materials. For this grant, the Arc will propose collaborating with agencies that outreach to immigrant and non-English speaking families, or focus on cultural diversity, and with school staff who specialize in English as a Second Language. (See related story on page 3.)

Questions? Email Carol Igoe: [carol@archamilton.org](mailto:carol@archamilton.org).



# Taking a Closer Look at the IEP Process

You're thinking to yourself that you have several weeks before a new Individual Education Plan or IEP will be developed for your child or teen. Is this the time that you can kick back and wait for things to happen? The answer is a resounding, "NO!"

So what exactly needs to take place between now and the new IEP?

First and foremost, make time in your schedule to personally review the existing IEP. You can do this on your own, or request help from an advocate. Make sure that you have no disruptions or distractions. Give yourself between 30-60 minutes. Have paper and a pen or computer keyboard available to take notes or write down questions while you review the IEP. Do you have the latest quarterly school Progress Report to see how your child is progressing? It's also helpful to have work samples from your child's school year in addition to the communication book if relevant. If you need any of this information, request it from your child's teacher.



## Questions to keep in mind as you review can include:

- Do you need to have any of the current goals and/or objectives explained so that you have a better understanding of the school's expectations?
- Is your child on target for meeting his or her goals and objectives?
- If not, where is your child falling behind?
- Is your child receiving all services that are written on the IEP?
- What do you believe is important for your child to learn if it is not currently written on the IEP?

If you have specific questions for the teacher and/or the IEP team, write them down. For example, a Progress Report may have that your child is "making adequate progress." If you need more information as to how your child is doing, definitely ask the teacher and/or school team.

After you have reviewed the IEP, schedule a meeting with the teacher and/or therapists to review your child/teen's progress. Remember that you are an integral part of your child's school team. It is not the school team versus the parent or parents. The IEP is a collaborative effort. When you schedule the meeting, request a time when there will not be distractions and is convenient for everyone involved. If you are unable to schedule time for a meeting, then schedule a time to talk on the phone. Although email is convenient, it lends for information to be misinterpreted. The personal contact is much better.

If you either schedule a meeting or phone time, have the IEP, Progress Report and other important information with you. Make sure that you have your list of questions prepared. If you are not sure what to ask, here are some suggestions. Remember that this meeting is to gather facts and information about your child's school year.

- How does the teacher or team believe your child is doing in regards to meeting goals and objectives?
- If the school team is determining that one or more objectives will not be met, what happened and what can the team do now to have these objectives met?
- If certain objectives have not been started, why not and when will the school team begin?
- If there is information that you need, make sure to request this either at the meeting or before the meeting.
  - If your child has already met objectives, how is the school team providing new information for your child?

If you are confident with the information from this meeting, try to schedule the IEP meeting. If you are one of the first to make a request, you will have more options for days and times.

Are there other considerations that will happen between this year and next? Will your child be moving to a new building, have new staff, change to vocational training, or leave school permanently because of graduation? If so, address how the team can collaborate to make the transition successful. All of this information can be gathered before the IEP meeting.

Some suggestions to make the transition go smoothly include:

- Can you observe teachers who might be assigned to your child? This is especially helpful if you are not familiar with staff.
- If your child will be in a new building or setting, can you observe? This is especially important in determining what adaptations and supports are needed as your child moves on with his or her education.
- Will your child's class and/or grade be visiting the new school? How will the school teams prepare the students for this day or time?
- If needed, can you bring your child to the building to visit before the new school year begins?
- When will your child be able to visit the new teacher before the new school year begins?
- Is there any other information that the school team believes is important in either writing the new IEP or with your child's transition?

## Most importantly, please remember that you are not alone!

At any time, ask an advocate, professional, friend or family member to attend meetings with you.

Why is it helpful to have someone attend the meeting with you? Because we are so passionate about our child or their educational situation, we sometimes miss things that are said or questions that aren't answered. The person attending with you can take notes or provide their observations. If possible, have someone attend with you who is familiar with school law and can promote your child's needs.

For more information, contact Sue Schindler 513-821-2113 x 112/[sue@archamilton.org](mailto:sue@archamilton.org) or Carol Igoe 513-821-2113 x 115/[carol@archamilton.org](mailto:carol@archamilton.org).

# Ohioans with Disabilities' Cries to "Let Us Work" are Finally Heard!

by Tom Eamoe, Executive Director,  
The Arc Hamilton County



Medicaid has been a mixed blessing for people with developmental disabilities. It funds a great many services people with developmental disabilities and their families rely on. It has also required people with developmental disabilities to be economically impoverished so they can remain eligible for Medicaid.

On June 30, 2007, Ohio Governor Strickland signed into law the Ohio Medicaid Buy-In Program for Workers with Disabilities. This new program took effect April 1, 2008.

Ohio's new Medicaid Buy-In Program will permit Ohioans with disabilities to be employed without losing their Medicaid benefits because of the income they earn.

This new law has been the culmination of continuous advocacy by key stakeholders in the Developmental Disabilities community from 2002 until now. The Federal Government made Medicaid Buy-In an option for state Medicaid programs in the U. S. in 2000. Ohio was the thirty-fifth state to take advantage of this opportunity to allow people with disabilities to go to work.

Here is how the new program works:

## ELIGIBILITY

The Ohio Medicaid Buy-In Program is for people with disabilities who:

- Are between the ages of 16 and 64
- Meet the social security administration's criteria for disability
- Are working and earning income
- Meet income eligibility criteria (income up to 250% of the federal poverty guideline currently \$25, 525/year) plus an additional \$20,000 income disregard. You also are permitted to have accumulated up to \$10,000 in assets (as opposed to only \$1,500 total assets under traditional Medicaid guidelines). Thus a person between the ages of 16 and 64 with an income of \$45,525 per year plus \$10,000 in assets could remain Medicaid eligible under this new program. These limits could be even higher depending on family size.
- To be eligible the individual's income must be at least enough for it to be subjected to F. I. C. A., Ohio and federal income tax.

## PREMIUMS

Under Medicaid Buy-In, once someone's income reaches a specified level they are required to pay a premium to continue their Medicaid coverage.

If someone in the Medicaid Buy-In program earns up to 150% of the Federal Poverty Guide line (currently \$15,315 for a single person) they pay no premium.

After they exceed 150% of the Federal poverty guideline they pay a premium that is 10% of the difference between the Federal Poverty Guideline and their income.

For example, if a single person earned \$16,515, they would be earning \$1,200 more than 150% of the federal poverty guideline of \$15,315. Thus they would pay a \$120 premium (or \$10.00 a month) for their Medicaid coverage.

For married individuals, premiums are based on family income. A family is described as a spouse and dependent minor child(ren).

If a premium based on family income exceeds 7.5% of the income of the worker with a disability, the premium is capped at 7.5%.

## GRACE PERIOD

An important provision of Ohio's Medicaid Buy-In program is the "Grace Period." This means that if you lose your job you do not immediately lose your eligibility for Medicaid Buy-In. You have 6 months to find a new job, or to transition to traditional Medicaid, or to move off Medicaid.

Other Key Aspects of the New Ohio Medicaid Buy-In Program

- A key provision is that a face-to-face meeting with ODJFS (Ohio Department of Job and Family Services) is not required for eligibility application or redetermination. It can all be handled by mail, however face to face meetings are permissible under the program if you prefer.

- Additionally, any premium paid to a private health insurance plan is offset to reduce the Medicaid Buy-In program premium.

## WE FINALLY DID IT!

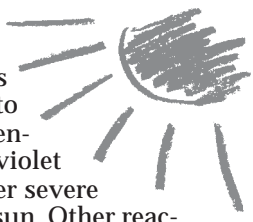
No longer are most Ohioans with disabilities going to have to choose between going to work and their Medicaid eligibility.

Our success in enacting Medicaid Buy-In in Ohio is a great example of what we can achieve when all of the stakeholders in Ohio work together for a common goal.

I know many of you who will read this article, wrote letters and email to legislators, and even testified to make this important victory possible. Thank you, everyone for making this bright new day for Ohioans with disabilities possible.

# Safe Fun in the Sun

Summertime is upon us again. For many people that means spending more time outside. During outdoor activities, keep in mind that certain medications could make one's skin more sensitive to the sun. This is called chemical photosensitivity, an enhanced reaction to ultraviolet (UV) light. As a result, people can suffer severe sunburns after only a short time in the sun. Other reactions can include rashes, hives, itching and even blistering. It can happen with both direct sunlight and artificial sunlight, such as light from a tanning bed or sun lamp.



You can take some measures to protect yourself from the harmful effects of photy. First, know which medicines can potentially make skin more sensitive to sunlight. Prescription bottles should contain stickers to alert you of the potential reaction. Try to avoid direct exposure to sunlight during the peak hours of 10 a.m. and 4 p.m. when the sun's rays are strongest. When you are outside, make sure to use a sunscreen with an SPF of at least 30 or more. Reapply sunscreen frequently throughout the day.

As temperatures rise, so does our bodies need for water. When summer comes, remember to keep your body properly hydrated when the 'heat wave' comes. A person's body weight, and their activity level, determine the amount of water needed to maintain proper hydration. A good rule to follow is to drink at least eight, eight-ounce servings of water a day, adding more for each hour of activity.

## Summer hydration tips....

- Bring a supply of bottled water with you when traveling.
- Drink extra bottled water in extreme heat to keep body temperature low.
- Drink before you feel thirsty.

Remember to pay particular attention to those who cannot communicate verbally, or who may not be able to independently move out of the sun.

Most of all, have a great summer!

## Calendar

More information on our web site - [www.archamilton.org](http://www.archamilton.org)

- June 18 ..... Making Your Case
- June 23 ..... Shopping Smart and Saving Money
- June 30 ..... Shopping Smart and Saving Money
- June 30-July 1 ..... Voter Engagement Conference
- July 7 ..... Shopping Smart and Saving Money
- July 11 ..... Friday Night Movie and Pizza
- July 16 ..... People First Meeting
- July 20 ..... Cincinnati Reds Baseball Game
- July 30 ..... Covenant of Support
- August 20 ..... Voter Education & Upcoming Election

## Yes! I would like to become a member and support The Arc!

• Enclosed is my (our) annual gift to provide much needed advocacy and to support individuals with disabilities in Hamilton County.

- \_\_\_ \$25 ..... Arc Member
- \_\_\_ \$50 ..... Arc Advocate
- \_\_\_ \$100-\$250 ..... Arc\*itect
- \_\_\_ \$251-\$500 ..... Arc Builder
- \_\_\_ \$501-\$1000 ..... Arc Partner
- \_\_\_ \$1001-\$1500 ..... Arc Visionary
- \_\_\_ \$1501-\$2000 ..... Arc Champion
- \_\_\_ \$2001-\$5000 ..... Arc Benefactor
- \_\_\_ \$ \_\_\_\_\_

• Please charge my \_\_\_ Visa \_\_\_ Master Card \_\_\_ American Express \$ \_\_\_\_\_ or \$ \_\_\_\_\_ each month for the next year, beginning on \_\_\_\_\_ and ending on \_\_\_\_\_.

Account # \_\_\_\_\_

Exp. date \_\_\_\_\_

Date \_\_\_\_\_

Signature \_\_\_\_\_

• Enclosed is my check, made payable to: **The Arc Hamilton County**

• Please accept my contribution of \_\_\_\_\_ shares of appreciated stock or mutual funds.

*I will contact Cary Powell, Relationship Manager at FifthThird Bank, telephone: 513-534-6875 to make arrangements for the transfer to The Arc Hamilton County, account# 010003777703, DTC2116.*

- I will commit my annual gift for additional years:
  - \_\_\_ 2009 with 10% increase or \$ \_\_\_\_\_
  - \_\_\_ 2010 with 10% increase or \$ \_\_\_\_\_
  - \_\_\_ 2011 with 10% increase or \$ \_\_\_\_\_

• My Employer will match my gift!  
\_\_\_ Enclosed is the Matching Gift form

• Your gift will be acknowledged on our web site — [www.archamilton.org](http://www.archamilton.org)  
\_\_\_ No, please list my (our) support anonymously

• Gift made in \_\_\_ honor of or \_\_\_ in memory of: \_\_\_\_\_

• Please send acknowledgement of my (our) gift to:  
Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_

• Yes! I would like to make a enduring gift through bequest!

\_\_\_ I (We) have included The Arc Hamilton County in my (our) estate planning.

\_\_\_ Please send me (us) information on estate planning opportunities.

**Contact Information: (Required, please print.)**

My (Our) name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State, Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Business Phone \_\_\_\_\_

Email \_\_\_\_\_

**A gift to The Arc Hamilton County is tax deductible as allowed by law.**

**Return to: The Arc Hamilton County  
801 A West 8th Street, Suite 400  
Cincinnati, Ohio 45203  
Attention: Joel Kaplan**

**For further information, please contact  
Joel Kaplan, 513-821-2113, ext. 119**

# The Arc Hamilton County – Staff Directory

801 A West 8th Street, Ste. 400 • Cincinnati, OH 45203

Phone: (513) 821-2113 • Fax: (513) 821-2141 • [www.archamilton.org](http://www.archamilton.org)

Tom Eamoe	Executive Director	Ext. 110	Arc Management & Public Policy Advocacy	tweamoe@cs.com
Joel Kaplan	Development Director	Ext. 119	Contributions, Donations, Endowments, Sponsorships, Grants	joelkaplan@archamilton.org
Craig Black	QA Coordinator	Ext. 111	Quality Assurance Dept.	craig@archamilton.org
Lisa Corey	Finance Director	Ext. 108	Accounting	lisa@archamilton.org
Deborah Davidson	QA Coordinator	Ext. 102	Quality Assurance Dept.	speakup@archamilton.org
Rebekah Elliot	QA Director	Ext. 104	Quality Assurance Dept.	arcqa@yahoo.com
Carol Igoe	Family Transition Coordinator	Ext. 115	Support and coaching	carol@archamilton.org
Maxine Jones	Finance Assistant	Ext. 101	Finance	maxine@archamilton.org
Patty McMahon	Information & Referral	Ext. 113	To connect with community resources	patty@archamilton.org
Marvin Moss	Self-Advocacy	Ext. 114	Training and support services	marvin@archamilton.org
Tamie Peel	QA Coordinator	Ext. 105	Quality Assurance Dept.	tamiep@archamilton.org
Claudine Poch	QA Coordinator	Ext. 107	Quality Assurance Dept.	arcqa1@yahoo.com
Sue Schindler	Individual Case Advocacy	Ext. 112	Support & questions	sue@archamilton.org
Sandy Schutte	Family Support Services Program Coordinator	Ext. 109	Support & vouchers	sandy@archamilton.org
Ann Snyder	Self-Advocacy Coordinator	Ext. 103	Public Policy Self-advocacy support & education	ann@archamilton.org,

*Please save for your reference*



801 A West Eighth Street, Suite 400  
Cincinnati, Ohio 45203

Non-Profit Org.  
U.S. Postage  
**PAID**  
Cincinnati, OH  
Permit No. 1943

