

## **Future Planning: It's Possible and Necessary**

Future planning is important for all families. Thinking about the future can be challenging and emotional. However, experience shows that adults with intellectual and developmental disabilities (I/DD) make a better transition from the family home when the family has planned for the future.

The Arc has created the Center for Future Planning to support and encourage adults with I/DD and their families to plan for the future. The Center's website ([futureplanning.thearc.org](http://futureplanning.thearc.org)) is the first step in achieving that goal.

The website provides reliable information and assistance to families and individuals with I/DD on areas such as person-centered planning, decision-making, housing options, financial planning, employment and daily activities, and making social connections. In addition, the website provides information to family members, friends, and professionals that support individuals with I/DD. The website also features stories of people and families who have created future plans or who are in the process.

Planning ahead can be difficult, but it's possible and necessary. You can learn more about the resources Center for Future Planning provides at [Futureplanning.thearc.org](http://Futureplanning.thearc.org). Please contact The Arc of Story County or The Arc's national office for more information..



## **iCan Bike:**

### **Camp June 1-5, 2015, Ames**

From June 1-5, 2015, iCan Shine's Ican Bike program will be in Ames to teach individuals with disabilities how to ride a conventional bike and become a lifelong independent rider!

iCan Bike uses a fleet of adapted bicycles, a specialized instructional program and a trained staff to teach individuals with I/DD how to ride a bike. Riders attend the same 75-minute session each day for five consecutive days whereby they are physically assisted and encouraged by two volunteer "spotters."

This camp is being made possible by a group of volunteer students from Iowa State University, a grant from The United Way of Story County and The Arc of Story County.

To learn more about how to participate as a rider or volunteer email: [kacook@iastate.edu](mailto:kacook@iastate.edu) or contact The Arc of Story County office.

***Achieve with us.***

Do you know someone with an intellectual or developmental disability? Maybe you know someone who does. They may be your friend, neighbor, schoolmate, co-worker or someone else who is an important part of your life. Perhaps you've wondered what you can do to help them lead lives of full participation and inclusion in the community. If you have an interest in getting involved, The Arc can help you. The Arc is an advocate for people with intellectual and development disabilities, preserving and protecting fundamental rights through advocacy and action in support of legislation for civil rights, employment, housing, and numerous supports. We connect people with disabilities, their families, professionals, and others (like you?) to create hope, growth, and change. This is your chance to join us as an advocate, not only for the person you know, but for millions of people living with intellectual and developmental disabilities. We'll work with you to make a difference with a clear, strong, collective voice.



## Letter From the Director

As the executive director of The Arc of Story County, I have great pride being involved with an organization rich in history and with such wonderful programs and supports for people with intellectual and related disabilities.

Over the past three years, I have seen The Arc's mission at work! We have been so fortunate to have strong boards, active committees, and dedicated supporters who help make a difference for our families and individuals.

I would like to take this opportunity to recognize our annual award winners who were recognized at our annual fundraiser Viva la Arc on March 7th.

Volunteer of the Year: Herb Harmison

Educators of the Year: Fellows Elementary School

Super Sibling of the Year: Michael Ross

Professional of the Year: Martina Luppen, Friendship Ark Homes



*Tricia Crain  
Executive Director*



Pictured (l to r): Tricia Crain, Executive Director (Arc of Story County), Herb Harmison (Volunteer of the Year), Martina Luppen, Friendship Ark Homes (Professional of the Year), Michael Ross (Super Sibling of the Year), Jessica Johnston, Fellows Special Education Teacher (Educators of the Year)

## Developmental Disabilities Awareness Month Community Conversations

ID Action and The Arc of Story County are co-hosting a **Community Conversations Event** to recognize the impact that a welcoming community has on those who live and work here, and ways to increase the active engagement of those with developmental disabilities.

Speakers will be elected officials, employers and personal stories from people who help create a welcoming community. Particularly, what does a welcoming community mean and look like.

**Date:** Thursday, March 26th, 2015

**Time:** 6:30 p.m. to 8:00 p.m.

**Location:** Ames Public Library, 515 Douglas Ave, Ames

### Lunch at the Campanile Thursday, March 26th



The Emerging Greek Leadership Council is sponsoring a Lunch at the Campanile on Central Campus to support the mission and activities of The Arc of Story County.

The lunch will cost \$5.00 and will run from 11:00 a.m.—1:30 p.m.

Stop by for a great lunch, support a wonderful cause, enjoy campus and say “Hi” to your Special Olympic Athletes.

### Important Dates

- March 14th - State Special Olympics Competition; Iowa City
- March 26th - Lunch at the Campanile , 11:00-1:30; Central Campus by the Campanile
- March 26th - Community Conversations, 6:30-8:00 p.m.; Ames Public Library
- April 23rd—Spring Fling Dance, 6:00-8:00 p.m.; Moose Lodge
- May— State Special Olympics Competition; Ames
- June 1-5—iCan Bike Camp; All Iowa Attack Center

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The Arc of Story County  
130 S. Sheldon #302  
Ames, Iowa 50014  
515.232.9330 phone  
413.798.2735 fax

*Achieve with us.*

*Service and support for people with  
intellectual and developmental disabilities*

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

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Thank You to the United Way of Story  
County for a \$5,000 grant for the  
iCan Bike Camp.

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