

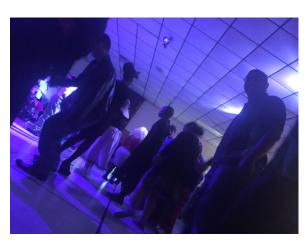


Monthly Newsletter

see the SPARC

On November 1, we made lots of new contacts at the Midlands Job Fair! If you are receiving this newsletter for the first time, welcome aboard! Thank you for expressing your interest in learning more about our organization and staying up-to-date with all of our events!

On October 21, we hosted our Annual Fall Social at the American Legion Richland Post 6. It was a blast! Thank you to everyone who made the event possible, including Panera Bread and Cupcakes DownSouth for their generous donations, and of course all of our wonderful volunteers!



Contact us

The Arc of South Carolina 1202 12th Street Cayce, SC 29033

> T: 803-748-5020 F: 803-445-1026

> www.arcsc.org



Wings for Autism®

We are so excited that this Saturday, November 12th, we will be holding our Wings for Autism® event at the Myrtle Beach International Airport!

This event allows children with disabilities to experience the airport experience in a controlled setting before taking an actual trip via airplane. Families get to practice the whole airport process and even get to board a plane. It is designed to alleviate the stress associated with air travel. Stay tuned for photos after the event!

Thank you to all of our partners and sponsors who have helped make this event possible. American Airlines, Doug Flutie Jr. Foundation for Autism, Myrtle Beach International Airport, SOS Health Care, Inc., South Carolina Autism Society, South Carolina Physicians Care Charity, Inc., and The Arc of Coastal Carolina have all been an essential aspect in the organization of this Wings for Autism® event.

We are exploring dates in May of 2017 to hold a Wings for Autism® event at the Greenville-Spartanburg Airport! More details to come soon! If you are interested in assisting us in any way (i.e. partnering/sponsoring the event, volunteering, etc.) feel free to contact Megan (megan@arcsc.org) to discuss the opportunity.













Upcoming Program Participation and Volunteer Opportunities



Everyday Living Session 2 Dates Announced!

With the first Everyday Living session coming to a close, we

have set the dates for the next 8-week session!
Lessons will take place on Tuesdays and
Thursdays at 6PM – 8PM starting on January 24,
2017. Visit www.arcsc.org/everyday-living to sign
up as a participant or a volunteer! Contact
Megan if you have any questions or concerns.
(megan@arcsc.org)



MLK Jr. Day of Service Grant Volunteer Opportunities

The Martin Luther King, Jr. Day of Service is to commemorate the extraordinary work of Martin Luther King, Jr. by asking "Life's most persistent and urgent question: 'What are you doing for others?'" Here at The Arc of South Carolina, we are thrilled about the opportunity to provide many chances for those with disabilities in our community to partake in a service project in an inclusive setting. We will be addressing food insecurity in our community through various volunteer opportunities that also help bridge barriers between several populations.

Some opportunities will include: serving at a local soup kitchen, volunteering at Harvest Hope Food Bank, a group of USC students hosting a food drive on campus to benefit Harvest Hope Food Bank, and a Peanut Butter and Jelly Sandwich-Making Competition on MLK Day (1/16/17) on USC's campus with the goal of providing food for the hungry on a day when many emergency food assistance organizations are closed to observe the holiday.



For more information, please contact Megan Galloway via email at megan@arcsc.org or by phone at 803-748-5020 ext 3#.

A.L.E.R.T.

During the month of October, we had several A.L.E.R.T. sessions throughout the state. The Autism Law & Emergency Response Training (A.L.E.R.T.) program trains first responders how to safely and effectively care for individuals with Autism Spectrum Disorder (ASD) in an emergency situation.

If you are a first responder and you believe that your department could benefit from this important training, please contact Megan (megan@arcsc.org) to set up a free session in your area and earn continuing education credits!

Success Stories

"The week following the Greenville training, I was called by one of our paramedics on the scene of a call with a woman with Autism. He was asking about the appropriateness of sedating her. I was able to ask him some questions about her behavior and offer some tips to help him deal with the situation. Ultimately, I went out to the scene to assist. As soon as I pulled up, I recognized the house from a call I ran as a relatively new paramedic 13 years ago. Using the information, we were able to calm the patient and safely transport her to the hospital for evaluation." - Chris Ruggiero, Greenville County EMS.

"In the Grand Canyon, we recently had an incident with an individual with Autism. A ranger who was on the scene had attended an A.L.E.R.T. training session. Because of the information presented in the class, the ranger remembered how to de-escalate the situation, and the individual was safely taken care of." - Bob Durr, Grand Canyon National Park Service

Training Center

Free Webinars!

Building Skills to Live Safely in the Community: Developing Positive Relationships

Tuesday, November 16 at 2:00 PM

Fear that bad things could happen to people with I/DD can create a barrier that stops families from planning for full and independent lives in the community. Building skills that promote safety can help families overcome this barrier and move forward to create a robust future plan. Speakers Theresa Fears and Leigh Ann Davis will provide strategies that help people with I/DD develop the skills to understand and fully participate in healthy relationships. The speakers will also describe how to recognize when a relationship is unhealthy, exploitative, or abusive and provide concrete steps to take in those situations. Follow this link to register:

https://thearc.webex.com/mw3100/mywebex/default.do?service=7&nomenu=true&main_url=%2Ftc3100%2Ftrainingcenter%2FLoading.do%3Fsiteurl%3Dthearc%26UID%3D5061344467%26RT%3DMiMxMQ%253D%253D%26siteurl%3Dthearc%26apiname%3Dj.php%26MTID%3Dt2bc7783c9e0b50d190cb7a960144ddc5%26FM%3D1%26rnd%3D0961668948%26servicename%3DTC%26ED%3D492706182%26needFilter%3Dfalse&siteurl=thearc



Family Support Coalitions: Strengthening Support to ALL Families

Tuesday, November 29 from 2:00 PM – 3:00 PM

Join state chapter executive directors Jon Meyers, Tony Anderson, and Stella Beard to learn about their efforts to improve support to families by creating statewide coalitions of organizations advocating for people with disabilities, seniors, and caregivers. The event is sponsored by the Family Support Research and Training Center at the University of Illinois at Chicago. Follow this link to register:

https://thearc.webex.com/mw3100/mywebex/default.do?service=7&nomenu=true&main_url=%2Ftc3100%2Ftrainingcenter%2FLoading.do%3Fsiteurl%3Dthearc%26UID%3D5108155602%26RT%3DMiMxMQ%253D%253D%26siteurl%3Dthearc%26apiname%3Dj.php%26MTID%3Dtb0d81bf848eb6e80acb30143123452e5%26FM%3D1%26rnd%3

The Arc National News

Each November, we commemorate National Caregivers Month. This month celebrates family caregivers and support that family caregivers need. One of the biggest ways to support family caregivers is by working together with groups that support ALL families to improve the quality of support available for families around the country. For the third year, The Arc of the United States is partnering with the Family Support Research Training Center (FSRTC) at the University of Illinois at Chicago to organize coalitions that seek to improve support to families in their state by offering grants to state and local chapters of The Arc to organize state coalitions.



Exercise opportunities for individuals with I/DD

Anthony Thompson, Certified Group Fitness Trainer, is working with Denny Terrace Community Center to provide fitness training and workout sessions for individuals who seek to improve their health and well-being.

When: Every Thursday at 6:00pm – 7:00pm Where: Denny Terrace Community Center

6429 Bishop Avenue Columbia, SC 29203

Cost: \$3 per person

Contact: Anthony Thompson

abtnations@gmail.com

843-628-0128



What Else is Going On at The Arc of South Carolina

The Arc of South Carolina offers statewide Case Management services to people with an intellectual or related disability. Our Case Managers work diligently to advocate for the rights and needs of the people we serve and their families. Case Managers are here to assist you and your family identify needs, set personal goals and utilize resources in the community. Contact our office for more information and find out how we can assist you!

To stay up-to-date on all of the happenings of The Arc of South Carolina, visit our website and Like us on Facebook!

www.arcsc.org www.facebook.com/TheArcSC

On our website, you can find more details about The Arc of South Carolina and our staff, upcoming events, the services we offer, recent news, ways to help or volunteer, information about intellectual and developmental disabilities, and a photo gallery from our events!

