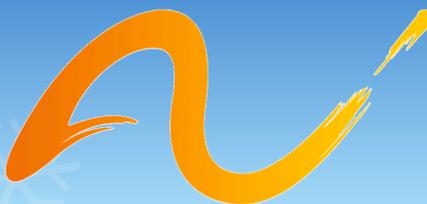


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*The Arc*TM *of South Carolina*

Monthly Newsletter

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The Arc of South Carolina News

We hope that everyone had a great Thanksgiving!

To all of our supporters who made generous donations on #GivingTuesday, we thank you from the bottom of our hearts. Your contributions have gone directly into the programs and services that provide meaningful support for our folks with intellectual and developmental disabilities in our community. Donations can always be made by using the PayPal button on our website at www.arcsc.org/donate. Your contribution will go directly into our programs and services to help sponsor a dream! Thank you for all of the various types of support that we receive from the many friends of The Arc of South Carolina!





November 15

Our first group of Everyday Living participants graduated from the 8-week program! Everyone made huge achievements and we are so proud of them! We're also very thankful for all of the friendships that were made during the first session.

Thank you to all parents, volunteers, and community partners that helped to make the first Everyday Living session a huge success! You can view more photos at www.arcsc.org/everyday-living.



Session 1 graduates and some of our wonderful volunteers!

Session 2!

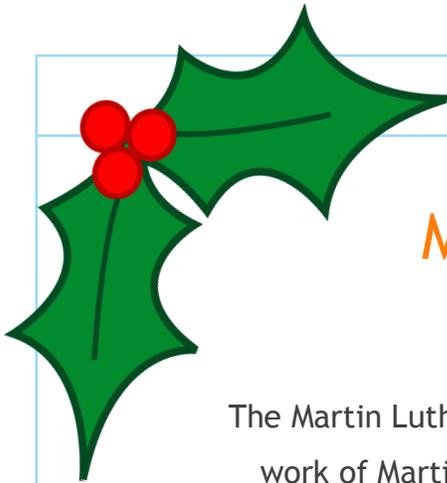
The program is filling up quickly! If you or someone you know wishes to participate in this upcoming session, please do not hesitate to sign-up by following this link:

<https://goo.gl/forms/zTDLyr0YLfzzSlP92>. Be sure to read the important program information at the top of the form!

Meetings will be held at The Arc of South Carolina's newly renovated space for learning on Tuesdays and Thursdays at 6pm - 8pm starting January 24th and concluding on March 16th. Before and after photos of the renovation can be found on [The Arc of South Carolina's Facebook page](#).

To volunteer, register via this link: <https://goo.gl/forms/knyRINdHlA99vYPw1>

If you have any questions or concerns regarding the upcoming Everyday Living session, please contact Megan at megan@arcsc.org or 803-748-5020 ext 3#.



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#.



Fast Facts

- In South Carolina, over 17% of the population lives in poverty, causing them to experience food insecurity.
- Only 30-40% of people with disabilities engage in volunteer activities. Still, just under 50% of people without a disability volunteer.

Recap: Wings for Autism® in Myrtle Beach



After much planning, our first Wings for Autism® event was held on November 12 at the Myrtle Beach International Airport! We had over 20 families were able to participate in the unique airport rehearsal program and enjoy a reception with food and entertainment.

We are so thankful to all of our partners and sponsors that helped bring this amazing event to Myrtle Beach, including 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.

Be on the lookout for upcoming events throughout the state during 2017, including one at the Greenville-Spartanburg International Airport in April or May of 2017! If you are interested in assisting us in any way (i.e. partnership/sponsorship, volunteering, donating, etc.) feel free to contact Megan (megan@arcsc.org) to discuss the opportunity.

Visit www.arcsc.org/gallery to view more photos from this event!



I can't begin to tell you how wonderful The Arc event at the Myrtle Beach International Airport was. The challenges of having twins with Autism are nothing less than stressful with just the daily living skills, never mind trying to be adventurous. The event gave me great insight into what I need to work on so that I am able to travel with them. I am needing to take a long trip (to Greece) where my in-laws are located and are too old to travel. The twins thoroughly enjoyed being on a plane and especially loved the taxi around the runway. This would not have been possible without your help. The event was so amazing that it brought tears to my eyes. I am so excited about a test trip that I am now planning and can hardly wait to go. I'm not sure where we will go, but anywhere we end up will be our own adventure. Thank you from the bottom of my heart.

- A Wings for Autism® mom



Program Update: Life Lessons

Life Lessons is a sexual health education program funded through the South Carolina Developmental Disabilities Council. Designed for staff, caregivers, and parents of individuals with an intellectual or developmental disability, Life Lessons challenges myths, stereotypes, and misinformation regarding sexual health and people with I/DD. Participants experience engaging, hands-on learning through discussion, group activities, and brainstorming. The goal of Life Lessons is to get people talking about and thinking about these issues, which, along with being difficult to talk about, are far from cut-and-dry.

Upcoming trainings:

Monday, December 12 at 9am - 3:30pm
Lutheran Family Services - 1118 Union Street, Columbia, SC 29201

Monday, December 19 at 10am - 3pm
2 Jerome Drive, Greenville, SC 29611

For more information about the program, visit www.arcsc.org/life-lessons.

The upcoming sessions are open to the public, but limited space is available. If you would like to attend, please contact

Amanda Pollak at amandap@arcsc.org or 803-740-5020 ext. 6#.

Program Update: A.L.E.R.T.

The Autism Law & Emergency Response Training (A.L.E.R.T.) program provides training for first responders so they can better serve people with Autism in an emergency situation. We are thrilled that this program has been hosted throughout the state so that numerous first responders become trained in this important area.

Upcoming trainings:

December 14th at 9am
Lexington, SC

January 30th at 10am
Columbia, SC

If you're a first responder and would like to attend one of these sessions, please email Megan at megan@arcsc.org.



Upcoming Sensory-Friendly Events

Sunday, December 11, 2016 - 5:00PM - 7:00PM

Sensory-friendly Time with Santa

This program at EdVenture Children's Museum will allow families with children who have developmental disabilities to have their picture taken with Santa in a calm, less intimidating environment. This area will be sensory-friendly, with lower lighting and quieter surroundings. Guests will have the opportunity to explore the museum in a safe and accepting environment and enjoy interactive, hands-on activities. This event in the Gingerbread Jamboree series is free with membership or regular admission.

Saturday, December 17, 2016 - 10:00AM - 2:00PM

Saturday With Santa

Check out the new Conservatory for Independence (1208 Indigo Avenue, Cayce, SC 29033) while getting to visit with Santa in a sensory-friendly environment! Contact Jennifer Morgan for more information (Jennifer@ecmconsultingservices.com).

Monday, December 19, 2016

The Nutcracker

Create your own holiday tradition and be transported to a magical kingdom with a special sensory friendly screening of the Bolshoi Ballet's *The Nutcracker* in select cinemas on Monday, December 19 only. In this special sensory friendly event, movie-goers are encouraged to be themselves. We'll turn the lights up, and turn down the sound, so you can get up, dance, walk, shout or sing! For participating theater locations and to purchase tickets visit www.autism-society.org/thenutcracker.

Sunday, January 1, 2017 - 9:00AM - 10:00AM

Sensory Sunday

Children with Autism Spectrum Disorders and sensory processing differences are invited to visit EdVenture Children's Museum for exclusive Sensory-friendly Days on the first Sunday of each month from 9 - 10AM! You will have the opportunity to explore the museum in a safe and accepting environment, and enjoy interactive, hands-on activities. The event will also provide a comfortable, protected, and accepting environment, an opportunity for parents to make connections with other families, and special needs information for parents.



A Message From The Executive Director



Christmas is right around the corner and 2017 is just behind it. It's crazy to think that we're already preparing for the New Year. We couldn't have been so successful in the community without the help of our friends, families, neighbors, and supporters like you!

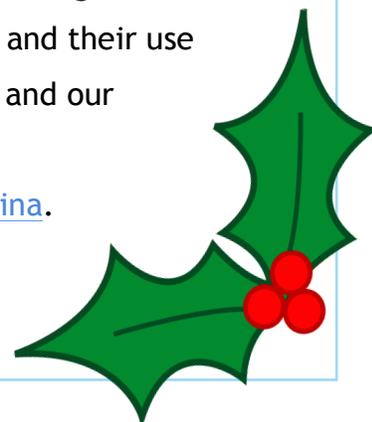
The National Chapter of The Arc asked people what achievement means to them. I think they summed it up beautifully in this [thank you video](#). Since we are always looking to improve the quality of our programs and services, we value the feedback and advice that we receive throughout the year, and are asking you as our trusted friends to [let us know your suggestions for The Arc of South Carolina's New Year's resolutions](#).

From The Arc of South Carolina family to yours, Happy Holidays, Merry Christmas, and Happy New Year!

UofSC Service-Learning & Community Engagement Podcast

Megan, our Project Director and a recent graduate of the University of South Carolina, had the opportunity to be interviewed for UofSC's Service-Learning & Community Engagement Podcast. She got to speak about our programs and their use in our community. You can listen to Megan talk about our organization and our programs/services by following this link:

<https://soundcloud.com/uofscservelearn/episode-2-arc-of-south-carolina>.



News From The Arc of the United States

~ *Change is coming to Washington:* How will it impact people with intellectual and developmental disabilities their families? [Join The Arc's Disability Advocacy Network](#) to stay informed and ready to act with public policy updates and action alerts. We need you! We also encourage you to share this link with 5 friends and encourage them to sign-up as well: <http://cqrcengage.com/thearc/app/register?0&m=10985>

~ *Seeking Caregivers for Research Study:* Researchers at Catholic University of America (CUA) are seeking "first or second generation Arabs who are living in the US, raising a child aged 2-17 with autism/developmental disability, and are proficient in English to participate in research exploring the experiences of Arab caregivers raising children with developmental disabilities." Individuals can participate by completing an online questionnaire (30-40 minutes). Participants who complete the survey can receive a \$20 gift card. [Participate in this research here](#). This study is in partial fulfillment of requirements for a Ph.D. in Clinical Psychology at CUA.

~ *Congress Reconvenes for Lame Duck Session:* Congress has returned with an agenda to wrap up business for the 114th Congress during the "lame duck" session with Leadership plans to build the platform for reforms on key issues for the 115th Congress. In addition, elections for new Leadership for the 115th Congress began on the week of November 14th by the House and Senate.

Congress' top priority in this session will be to keep most of the government funded beyond December 9th, when a 10-week continuing resolution (CR) expires. Given the election results, it is possible that fiscal year (FY) 2017 funding decisions will be pushed into some point next year. This would provide greater leverage for Republicans to cut non-defense discretionary spending (which funds many disability-related programs) and increase defense spending for the remainder of FY 2017.

Contact the in-state / in-District offices for your Senators and Representatives to find out about Town Hall Meetings and plan to attend. Go to <http://disabilityadvocacynetwork.org/> and enter your zip code in the "Find Your Elected Officials" box to go to a page that lists your federal elected officials. From there, you can click to get the contact information for their offices.

- *Social Security Administration Announces Cost of Living Increases for 2017*: The Social Security Administration (SSA) has announced a 0.3 percent cost-of living adjustment (COLA) for Social Security and Supplemental Security Income (SSI) benefits in 2017. The Social Security Act provides for annual COLA increases based on inflation as measured by the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W). Because the CPI-W only rose slightly over the last year, the 2017 COLA will only increase benefits slightly. According to SSA, the average monthly Social Security benefit for a retired worker will increase by \$5, from \$1,355 in 2016 to \$1,360 in 2017. The average monthly benefit for a Social Security “disabled worker” beneficiary will increase by \$4, from \$1,167 in 2016 to \$1,171 in 2017. In addition, the SSI Federal Payment Standard will increase from \$733 per month in 2016 to \$735 per month in 2017. Important work incentive thresholds for Social Security and SSI beneficiaries with disabilities will also increase, including the Substantial Gainful Activity level and the Trial Work Period earnings level. View SSA’s [fact sheet](#) for more details on the 2017 Social Security COLA and visit www.Medicare.gov for more information on Medicare costs in 2017.

Training Center

Including People with Disabilities: Public Health Workforce Competencies

Tuesday, January 24 from 3:00 - 4:00 pm ET

One in five Americans - over 54 million - have a disability, yet many public health programs do not include them in their program design. People with disabilities are more likely to experience chronic conditions such as asthma, diabetes and heart disease as compared to people without disabilities. There is a clear need for public health efforts to reduce health disparities among people with disabilities. The Including People with Disabilities: Public Health Workforce Competencies were created for the public health workforce to provide basic knowledge on the relationship between disability and public health efforts. This presentation will provide an overview of the Competencies and examples for implementation. We will also discuss how the material has been adapted to educate public health professionals about adults with ID and how to include them in planning and health promotion. This could also be a great resource for family members or caregivers looking for additional pathways of advocacy.

[Register here.](#)

Autism Clinical Trial



Do you know a 3-8 year old child who has

autism?

Introducing a 14-week study to see if an investigational medication may reduce symptoms of autism.

NO
PILLS

NO
NEEDLES

NO
COST



blum
The Study of a Biologic Autism Medication

Participants receive:

- Study-related examinations and medication
- Reimbursement for travel

To learn more, please contact:

Segal Institute for Clinical Research
Phone: 843-576-6750
Email: adayson@segalinstitute.com
Website: www.SegalTrials.com



What else is going on at The Arc of South Carolina?

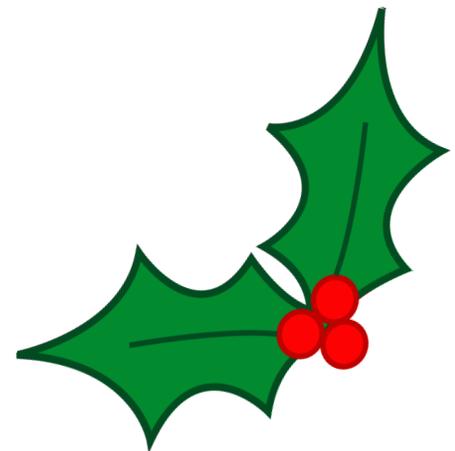
The Arc of South Carolina offers **statewide Case Management services** to people with an intellectual or related disability. Our Case Managers work diligently to advocate for the rights and needs of the people we serve and their families. Case Managers are here to assist you and your family identify 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!



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Holiday shopping is easy with Amazon's Holiday Gift Guides. #StartWithaSmile at <https://smile.amazon.com/ch/57-0422304> for your holiday gifts and Amazon donates to The Arc of South Carolina, State Headquarters.




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