

The ARC News

Information for Members & Friends of ARC Services of Macomb, Inc.

From the Associate Director's Desk... Changes in Macomb County

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Change can mean many different things. Change, to me, means that life is following its natural rhythms. Without change, we cannot celebrate accomplishments and release disappointments. Without change, we become stagnant and never improve. Life is meant to be dynamic and change is necessary to continue moving forward.

There have been many changes in the past year. Unemployment rates have sky rocketed, the state budget is in disarray, babies were born, couples were married, and the days

continue to march on. 2010 promises to be noteworthy in changes also. Today, I wish to share with you a very big change to the community mental health system in Macomb County.

This year, Macomb County Community Mental Health Services (CMH) wishes farewell to its Executive Director, Don Habkirk. Mr. Habkirk began his career at CMH in 1980 and has served Macomb County as the Executive Director for CMH since 1990. He will be leaving to enjoy retirement. Perhaps he will

travel or remodel his home. He will certainly spend time with his family and hopefully enjoy the flexibility that retirement promises.

Throughout his professional life, Mr. Habkirk has been involved in many activities both within, and outside of, Macomb County. He has dedicated many years of service to organizations serving the deaf such as the Social Services for Hearing Impaired, the Deaf, Hearing and Speech Center and the Governor's State Mental Health
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Comedian Josh Blue to Perform Benefit Show

Perhaps best known as the comedian who puts the "cerebral" in Cerebral Palsy, Josh Blue exploded onto the national comedy scene by capturing the attention and endearment of the country as the winner of NBC's *Last Comic Standing*. Possessed with an undeniable likability and comedic timing that belies his youthfulness, Josh continues to break down stereotypes of people with disabilities one laugh at a time. This nationally recognized, incredibly witty and dynamic comedian has graciously arranged to perform a live show to

benefit ARC Services of Macomb.

Having already established himself as one of the most sought after comedians on the college circuit, Josh's weekly appearances on *Last Comic* in the summer of 2006 expanded his fan base exponentially. He recently debuted a new special, *Comedy Central Presents: Josh Blue*, which received rave reviews from both fans and critics. Josh has also appeared as a regular guest star on Comedy Central's *Mind of Mencia* and his story has been featured on Fox, CBS, ABC,

and MSNBC. He was the first comedian to perform stand-up on *The Ellen DeGeneres Show*, was named "Best Winning Reality Show Guest" for his appearance on *Live with Regis and Kelly*, and made a standout guest appearance on *Comics Unleashed*. Josh has been featured in numerous print publications and has become an Internet sensation with his top two *YouTube* videos approaching two million plays. Despite his extensive schedule, Josh maintains an active role on the US Paralympic Soccer Team.
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Special points of interest:

- Training Dates
- Special Education Fair

A Night of Comedy Featuring Josh Blue

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Josh will be performing for ARC on Friday, March 5, at 7:00pm at the Macomb Center for the Performing Arts. Macomb Center is located on the Macomb Community College Center Campus, at 44575 Garfield, Clinton Twp. (on the southwest corner of M-59/Hall Road and Garfield).



www.macombcenter.com or by calling (586) 286-2222. Prices are \$50 (Gold Circle), \$40 (Main Floor), and \$35 (Balcony).

Given the extraordinary popularity of this hilarious comedian, we suggest you buy your tickets early to guarantee seating availability, as this show is open to the public.



Buy your tickets online at

Second Annual Give from the Heart Bowl-A-Thon

Join the fun at ARC's Second Annual Give from the Heart Bowl-A-Thon on Friday, February 26, at Sunnybrook Lanes, 7191 17 Mile Rd. (just west of Van Dyke.) Check-in begins promptly at 9:30pm; bowling begins immediately following. Only \$20.00 per person includes two games of Moonlight Bowling/9 Pin

No-Tap, shoe rental, and pizza! (Additional refreshments will be available for purchase.)

Join in on the Mystery, Strike Ball, and 50/50 Jackpots, and the Chinese Auction and Silent Sports Auction! Try your luck at winning the Wheelbarrow of Cheer, a literal *wheelbarrow load of*

spirits!

We'd love to see you there!

To donate items for the auctions, please contact Annette Fobare at afobare@arcservices.org or (586) 469-1600, ext. 111.

To donate items for the Wheelbarrow of Cheer, please contact Sue Camarata at scamarata@arcservices.org or (586) 469-1600, ext. 104.

Hockey for ARC: Red Wings vs. Columbus

Red Wings Hockey has arranged a fundraiser for ARC. Please join us on Wednesday, April 7, at Joe Louis Arena to watch the Wings conquer the Columbus Blue Jackets. Game time is 7:30pm.

ARC will receive \$5.00 for every \$30.00 ticket sold. Your ticket includes "Best Available" seating and either a pop and pizza combination, or a pop and a commemorative puck.

Since it happens during the kids' Spring Break from school, the whole family can enjoy the game!

Check our website or Facebook page for more information. *Go Wings!*

*Spring Break
Family Fun!*

Dining with the ARC

Please join us at Stevie B's at 50670 Waterside Drive in Chesterfield Township on Sunday, January 31, from 11:00am – 9:00pm. ARC Services will receive 20% of all sales from receipts that are deposited in the designated box.

Please join us at Abuelo's at 44350 Schoenherr in Sterling Heights on Wednesday, March 31, from 11:00am – 9:00pm. ARC Services will receive 20% of all sales, including alcohol – must present coupon at time of order. The coupon will be available on our website closer to the dining date.

Dining with the ARC is a fun combination of eating and supporting.

Fashion Designer for a Day

At ARC Services of Macomb, Inc., we try very hard to fulfill wishes and make dreams come true for the individuals we serve, and that's exactly what we did for Roberta Taylor.

At Roberta's Person Center Planning Meeting in July, when asked to discuss her hopes and dreams for the future, Roberta reported that she loves to sew and that she always wanted to be a fashion designer. Roberta's guardian representative at the ARC put the word out and the response from the community

was quite impressive. Jon Scarsella, an employee of H & M Fashion at Lakeside Mall and a Wayne State University Fashion Design Alumni, wanted to help. He partnered with Dr. Raynell Johnson, Department Head of Fashion Design and Merchandising at Wayne State University, to create an opportunity for Roberta to live her dream and experience a day of sewing and fashion design.

On December 8, 2009, accompanied by her ARC guardian, Roberta joined a group

of fashion design students at Wayne State University and visited Dr. Johnson's "draping" class. Her new fashion friend and design mentor Jon, provided a guided tour of the department, spent time sewing with her, and helped her create a created a one-of-a-kind designer pillow.

Roberta shared that she had taken a sewing class before, but that her teacher yelled at her when she made mistakes.

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Special Education Fair

ARC Services of Macomb, Inc. is partnering with the Macomb Intermediate School District (MISD) and the Macomb Parent Advisory Committee to host the 5th Annual Special Education Fair on Saturday, March 13, from 8am – 3pm. This one-of-a-kind, free, full day event offers an opportunity for parents and educators to learn side by side, creating a stronger sense of

community. Understanding the laws, regulations and policies as they apply to children can be taxing and complex to understand for parents and educators.

Come and enjoy a free day of learning on topics such as Transition Services presented by Sue Lind (ARC) and Joe Delgado (MITOP Transition Co-Chair) and learn about post-secondary

transition guided by inter-agency collaboration and the student's use of self determination. The event will host a vendor area that will be open all day.

For registration information and a full listing of breakout sessions, please check our website (www.arcservices.org) or the MISD website (www.misd.net).

Closure Dates

We would like to take this opportunity to inform you of the 2010 dates that ARC Services' day programs will be closed. Don't forget to mark the following dates on your calendar:

April 2 – Good Friday
May 31 – Memorial Day
July 5 – Independence Day
September 6 – Labor Day
Nov. 25 & 26 – Thanksgiving
Dec. 24-31 – Winter Break

The first day back to work in the New Year will be Monday, January 3, 2011.

In the unlikely event that day programs are closed due to inclement weather, the local TV channels (2, 4, & 7) will be notified as early as possible for announcement to the public. ARC program closure information will also be included with the school closure information on each channel's website, if

applicable.

If transportation is not running but ARC's day programs are operating, consumers are encouraged to attend/participate according to their regular work schedules, provided they are able to get to **and** from the work center independently.

Weekly Activities

"BINGO!"

Where: Warren Plaza Hall (SW Corner of I-696 and Schoenherr)

When: EVERY TUESDAY
Morning Bingo: doors open at 8:30am; games begin at 10:30am.

Evening Bingo: doors open at 4:00pm; games begin at 6:30pm.

Dance Exercise Class

Where: ARC Services (44050 Gratiot, Clinton Twp.)

When: Wednesdays from 7:00pm – 8:00pm

Cost: \$25 (prepaid) for 8 sessions, or drop-in for \$4 per session.

All fitness levels welcome!

ARC Raiders Bowling

Where: Friendly Sterling Lanes Bowling Center

When: Saturday Mornings at 9:00am

Cost: \$5 per Week

Contact Information: Betty (586) 575-9798 or Barb (586) 790-9813

Training Dates

Presenter: Lisa P. Lepine, JD

All presentations are scheduled from 6:30 p.m. until 8:30 p.m.

Please call to reserve a seat - space is limited.

We will also collect contact information at that time for the use in the event of an unexpected cancellation.

Dates:

2/4/10 Alternatives to Guardianship/
 Guardianship
 3/18/10 Estate Planning: Preparing for the Future
 4/8/10 CMH Services 101
 5/13/10 Housing

Changes in Macomb County

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Advisory Council on Deafness. He participates in the Michigan Association of Community Mental Health Boards, serving as the Metro Region Representative and as a member of the Executive Board and Budget Committee.

He has participated in local activities, serving as the Chair of the Macomb County Human Services Coordinating Body for 20 years and is on the Board of Directors for Creating a Healthier Macomb.

Personally, I appreciate him most for acting as a mentor to me. Professionally, he taught me the value of patience (still working on that lesson, Don), a phone call, and to hear when listening. He always understands that regardless of the issue, the choices and decisions CMH makes will have impact on human beings. He never criticizes me when my zealous advocacy reduces me to tears or hysterics (my words, not his). He simply reminds me that I should never feel ashamed for caring for those I serve.

With this change, CMH welcomes John Kinch to the position of Executive

Director. Through the first edit of this article, I started with the "new" Executive Director. However, "new" does not do credit to Mr. Kinch's extensive professional history and experience serving people with disabilities.

A life-long Macomb County resident, by education, Mr. Kinch is a limited licensed psychologist. He has been employed in the mental health system for over thirty years and with CMH specifically for twenty-four years. Throughout that time he has served in many capacities. His job titles have included direct care worker, behavioral psychologist, community based care manager, and residential supervisor. Currently, he serves as the Director of Business Management and Director of Clinical Services. He has an impressive history for serving Macomb County and its residents.

Throughout my (almost) eight years at the ARC, I have also had the privilege of working with, and coming to know, Mr. Kinch. Personally, I greatly appreciate his ability to look at an issue with many

components and help draw out the salient points. He has helped me to apply logic in circumstances when well, perhaps, my thinking fell into the emotive range. I also appreciate his ability to listen – he is always available to the individuals we serve and their families. He, too, always understands that regardless of the issue, the choices and decisions CMH makes have impact on human beings.

The ARC would like to take this opportunity to send our fondest wishes to Mr. Habkirk for a peaceful and enjoyable retirement. Thank you for your years of service and dedication – we have enjoyed working with you! Additionally, the ARC would like to warmly welcome Mr. Kinch to his new role at CMH. We look forward to continuing to work with him to serve and meet the needs of people with disabilities in Macomb County!

Fashion Designer for a Day

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Dr. Johnson helped Roberta understand that a mistake is only a mistake if you don't learn from it, explaining to Roberta that making mistakes is an important and necessary part of learning.

Roberta learned a lot that day; not only about sewing but about accomplishment, self-esteem, and community support.

When all was said and done, Roberta was very proud of her accomplishment, and so were her fellow designers who burst into spontaneous applause and gave her a standing ovation when she displayed her finished product.

The experience will go a long way to affirm Roberta's potential, enhance her self-confidence, and

reinforce her belief in good people and their commitment to her. At the end of the day, when Roberta returned home with her sewing kit and her newly created designer pillow in hand, she smiled, as only Roberta can, and said, "I really did something special today, didn't I?"

**ARC SERVICES OF
MACOMB, INC.**

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We're on the Web!

Visit us at:

<http://arcservices.org>



Passing of a Long-Time Consumer

Long-time ARC consumer and friend, Holden S., passed away on January 4, 2010. Holden participated in ARC's vocational training program for over 31 years, and was always prepared to offer a greeting and a handshake. He had made

many friends at ARC over the years, and will be greatly missed.

About ARC Services

ARC of Macomb is a CARF accredited, 501(c)(3) nonprofit membership association composed of people with disabilities, parents, friends and professionals involved with supporting people with disabilities in Macomb County, Michigan.

The ARC exists to assure

that people with disabilities are valued and that they and their families can participate fully in, and contribute to, the life of their communities.

We are committed to securing, for all people with disabilities, the opportunities to choose and realize their goals

and dreams regarding where and how they learn, live, play, and work.

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