

Greater Omaha Association for Retarded Citizens

TABLE OF CONTENTS

Nebraska's White House Conference.....	1
Honey Sunday.....	2-3
General Membership Meeting.....	4
Pilot Parent Program News.....	5-7
ENCOR Update.....	8-9
NebARC News.....	10
GOARC Needs Volunteers.....	11
News, News, News.....	12

Cover picture by Robert Coleman

GOARC Executive Committee: *John Clark, President; Ed Skarnulis, First Vice-President; George Armstrong, 2nd Vice-President; Jan Novicki, Recording Secretary; Barb Jessing, Corresponding Secretary; Pat Jung, Treasurer.*

GOARC Staff: *Tom Miller, Executive Director; Amy Humphries, Administrative Assistant; Lynne MacDonald, Office Manager; Donna Reh, Secretary; Patty Smith, Coordinator, Pilot Parent Program; Carl Sullivan, Client Ombudsperson; Billie Cook, Coordinator, Poverty and Mental Retardation Program.*

Editor: *Cathie Campbell*

GOARC is a non-profit organization whose purpose is to provide a strong volunteer support organization for all mentally retarded citizens and their families by advocating for the rights, needs, and full development of these citizens of Douglas and Sarpy Counties. Annual membership: \$9.50.



A United Way Agency

Greater Omaha Association for Retarded Citizens
140 South 40 St., Omaha, NE. Ph: 551-9450

NEBRASKA'S WHITE HOUSE CONFERENCE

On December 6, 7, and 8th I participated as a delegate in Nebraska's White House Conference on Handicapped Individuals. I had participated earlier in Nebraska's White House Conference by chairing the Issues Committee, which chose the fifty issues or questions that were addressed by delegates at the conference. The purpose of the conference was to have delegates discuss solutions and recommendations to the fifty issues which covered health, social, educational, and economic concerns.

The event made Nebraska history. It's the first time that such a broad group of persons with varying disabilities have worked mutually on solutions to problems affecting them.

Outside of some initial disruptions which occurred during the morning of December 6th when the session first opened, the conference was marked by cooperation and sharing among handicapped persons.

Ten groups of fifteen persons each worked on five issues. In the group that I was in, after we had worked together briefly, people laid down their specific interests, their own handicap, and their own needs so they could become interested in all persons who were handicapped. What was obvious to the delegates in my group was that many of the problems and concerns of one disability group affect all the others. Discrimination to the blind in the area of competitive employment, for instance, is felt by handicapped persons who are physically disabled as well as those who are mentally disabled. Because handicapped persons saw the similarity of their concerns, barriers which frequently prevent various groups of handicapped persons from communicating with each other were destroyed.

The proof of the conference's benefit was in the 50 pages of recommendations and resolutions which will be sent to the White House Conference in Washington, D.C. and also to Governor Exon and local officials in Nebraska. Many of the recommendations have "teeth" in them. One recommends penalties if certain things do not open up for handicapped persons. The real test of success will occur, hopefully, six months to a year from now when some of the recommendations become implemented on the Federal, State, and Local levels.

If nothing else, the White House Conference was beneficial because it brought together for the first time in Nebraska individuals with numerous handicaps who were talking together about mutual problems. During the final general session of the conference, many individuals expressed a desire to participate in another conference of this type. It is my hope that handicapped individuals can, by joining forces, accomplish what they need and can once and for all eliminate the discrimination which they are currently faced with in all aspects of their lives.

Thomas Miller
Executive Director

GOARC Is Bubbling Over With Thanks To Honey Sunday Volunteers



RECIPE FOR A SUCCESSFUL HONEY SUNDAY

Mix well: 2 dedicated chairpersons
14 enthusiastic committee members
and coordinators.

Fold in carefully: 7 months of careful planning.

Blend: one clear and beautiful autumn day
(slightly nippy).

Add: 1,800 volunteers to work in dis-
tribution points and to canvas the
city selling honey.

Yield: one very successful (\$34,500)
Honey Sunday.

HONEY SUNDAY THANK YOU'S

BUSINESSES AND ORGANIZATIONS

Alpha Sigma Gamma Sorority
Anthony's Restaurant
Bellevue Jaycees
Bennington Jaycees
Bishop's Cafeteria
Brandt Coin Handling Machines
Champ's
Clipped Wings
Commercial Federal Savings & Loan
 South Omaha Office
Commercial Federal Savings & Loan
 West Center Office
El Fredo Pizza Inn
Food City Supermarket
General Fire Equipment Company
Graves Truck Lines Inc.
Gretna Jaycees
Happy Joe's Pizza & Ice Cream Parlour
Hinky Dinky Stores
Holy Name High School
International House of Pancakes
Junior Achievement of Omaha, Inc.
Kenny's Restaurant
Knights of Ak-Sar-Ben
McDonald's
Mister C's Steakhouse
Miller Park Branch YMCA

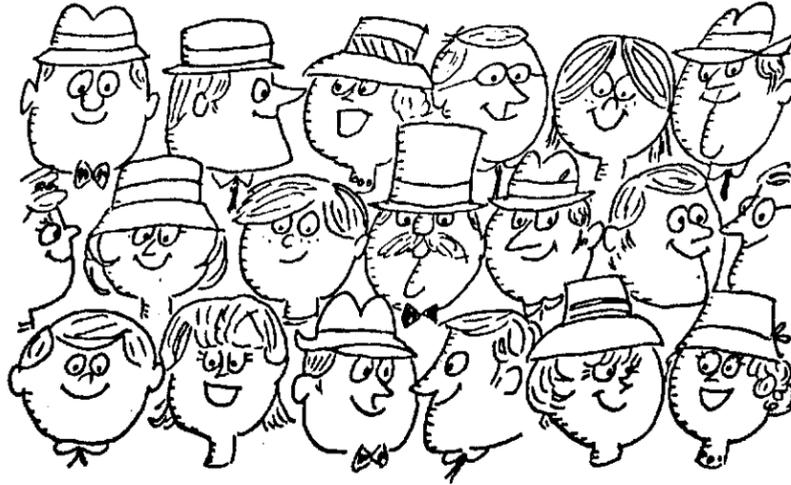
Nebraska Methodist Hospital
Northwestern Bell Telephone
Northwestern Bell Jaycees
 Mrs. Jaycees
Omaha Home for Boys
Omaha Jaycees
Omaha Police Department
Packers National Bank
Papillion Jaycees
Phi Kappa Psi Fraternity
Pi Kappa Alpha Fraternity
Pizza Hut
Ralston Jaycees
Roberts Dairy Company
Safeway Stores, Inc.
Security International
South Omaha Boys Club
Southroads Merchants Association
Southwest Bank of Omaha
Springfield Women's Club
United States National Bank
Valley Jaycees
West Branch YMCA
WOW Radio
Maplewood Methodist Church UMYF
AND ESPECIALLY...DAVE WINGERT,
 HONORARY CHAIRPERSON

CHAIRPERSONS AND COORDINATORS

Sharon Abboud
Cathie Amdor
Chris Christiansen
Glenda Davis
Sister Mary Evangeline
Bob Gehrman, GOARC Chairperson
Don Grimm
Steve Hill
Russ Ingram, Jaycee Chairperson
Bob Lanphier

Mary McGill
Mike Nuschy
Fran Porter
Rich Randell
Tom Sander
John Severin, Jr.

It is impossible to list everyone who participated in Honey Sunday. And so, to all of you who gave your time and effort to help make this a successful Honey Sunday - Thank you!



GENERAL MEMBERSHIP MEETING

Thursday, Jan. 27th

7:30 P.M.

FIRST FEDERAL LINCOLN BLDG.

2101 SOUTH 42ND ST.

HEAR Frank Menolascino, M.D., President of NARC and longtime GOARC supporter discuss the major goals of NARC and what benefits go to the local level from NARC.

See you there!

PILOT PARENT NEWS

One of the nicest things about Pilot Parent Training is the people who take it. This past six weeks at GOARC each Monday night you will find a troop of parents headed into GOARC's Conference room to learn a little bit more about what it means to be a Pilot Parent.

The training this time has been punctuated by a few extra and some very nice happenings. One of those was the return of Dr. Menolascino to give his presentation in person (last year Dr. Menolascino graciously provided Pilot Parents with a video tape for use during training when he couldn't attend). As always, Dr. Menolascino was a hit. He provided the parents with some valuable overheads explaining situations which a Pilot Parent Program could be the most useful and how to go about it. Also, Dr. Menolascino gives an enormous amount of encouragement to people to become actively involved in the Pilot Parent process. Dr. Menolascino has been re-elected as President of the National Association for Retarded Citizens (NARC). Dr. Menolascino, Associate Director of the Nebraska Psychiatric Institute, was instrumental in founding ENCOR, and has served as a member to the Agency over the years.

A new addition to our panel of service representatives this session included Duane Kliever from MCRI. Duane is a physical therapist and did an excellent job of explaining to the parents the management of physical disability.

Another one of the additions to our training this time was a presentation by Anne Marie Aita Mulligan, from Planned Parenthood of Lincoln, and Nancy Heller, a member of the National Association for Autistic Citizens. Anne talked on the social sexual developmental states of young adults. Working on a Developmental Disabilities grant, Anne Marie is assisting parents and developmentally disabled persons alike with knowledge and training in regard to sexual social development. Nancy Heller has worked for Mental Health with autistic citizens and has been very active in forming an association at the local level for the National Association for Autistic Citizens.

The last night of training was held at the Bay Meadows Clubhouse and included all the Pilot Parents along with the "new" people in training. It was a wine and cheese party that had an educational as well as a socialization part to the evening. Needless to say, a good time was had by all.

The people who participated and have become new Pilot Parents this training session are: Mrs. Eddie Felix, mother of Andre who is a retarded young man who attends Hartman School; Mrs. Helen Schafer Bean, mother of Mathew who has epilepsy, is almost sixteen and goes to Tech High School; Susan Pruitt, mother of Rena Louise, Rena is six years old who goes to CHAP School; Kari and Willy Hanson are new to Omaha and have come to us from Indiana with the Air Force. They are the parents of Christopher who has dyslexia and is currently enrolled in the La Vista School system; Doug and Jodi Derby are from Plattsmouth, Nebraska. Their son Luke is five years old. Luke has epilepsy and cerebral palsy. Our last trainee is Sherrie Socha and she and her husband are the parents of Kelly who is a young man who has spina bifida and hydrocephae and is currently in regular kindergarten class in District 66. As you can see, we have a very interesting and varied group of people who are now willing to take the commitment of Pilot Parenting. We welcome each one of them into the program and hope that they have as many rewarding experiences as those who have been in the Pilot Parent Program for a long time.



I think I'm in love with Santa!

Christmas Fun

On December 5th the Pilot Parent Program held their annual Christmas Party. Approximately 200 children and their parents participated in the fun. The days events included: Dean Short's Puppet Show, door prizes, treats for the kids, refreshments from McDonald's and of course a special visit from Santa Claus.



Anticipation



My present better be good, Santa!



Children eagerly wait their turn.

Special thanks to the following participants in the Pilot Parent Christmas Party:

Baker's Super Markets
555 North 90th St.
(180 Candy canes)

Food City Supermarket
2500 So. 120th St.
(200 Washington Apples)

Hinky Dinky Stores
2802 North 90th St.
(180 15¢ candy bars)

Safeway Stores
90th and Maple
(18 packages candy bars)

Center Bank
4131 Center
(180 balloons)

Burger King
2620 So. 90th St.
(200 each: bags, crowns, balloons, hand puppets)

Deepest appreciation for the following people who donated their time and energy to our organization:

Musicians Union
Shorty Vest
(\$60.00 towards the fee of Dean Short who performed a puppet show)

Dean Short
Puppeteer

Frank McGill
(donated 40.00 towards the puppet show)

McDonalds
Mel Simms & Bill Booth
(provided hamburgers, french fries, and drinks)

Santa Claus - Bob Gilmore

Pilot Parents who donated their time:

Jodi Derby
Peggy Christiansen
Jenny Samson
Cheri Dean
JoAnn Volcheck

ENCOR UPDATE

Gazette readers haven't heard much from ENCOR for the past few months. That's not because ENCOR has slipped beneath the waves. Far from it. The agency is still going strong, although functioning at a reduced level in some areas, compared with the situation before last fiscal year's money problems.

ENCOR is now undergoing a rebuilding process. During last year's funding crunch, the agency lost more than 200 employees. The staff dropped below 400. Some programs, such as adult education and recreation, were cut out. Others were cut back. By the end of this fiscal year, the agency will have replaced about 80 of the positions lost in the last fiscal year.

Replacing those positions doesn't mean that all the services cut back last year will be restored. But the agency is attempting to bring back as many of them as possible, at least at a reduced level. For instance, starting a recreation program depends on receiving manpower from the Comprehensive Employment and Training Agency. But the CETA program isn't expected to be able to provide more than one recreation worker for ENCOR. Therefore, at least for this fiscal year, a recreation program might not go beyond providing coordination for the recreation needs of clients who are already receiving ENCOR direct services.

Many parents have felt the loss of the former ENCOR Crisis Assistance Residence. Re-establishing a separate crisis assistance unit isn't possible in this year's budget. The ENCOR Residential Division is attempting to take up the slack by providing some crisis placements in other residences, and by contracting with individuals and couples in the community for short-term crisisplacements in their homes. But with the reduced staff and budget, the agency realizes that this can't meet the needs of all parents who feel the need for crisis assistance this year.

ENCOR has asked for nearly two million dollars more from the state general fund for the coming fiscal year, so the agency can increase its level of services. This money, if appropriated, would require additional county matching funds.

The agency's main priorities this year, aside from rebuilding staff and improving basic programs, are to be able to serve at least a minimal number of emergency referrals from the community (red alerts) and persons returning from Beatrice. A limited amount of money has been set aside in the budget for red alerts. But it is limited. Therefore, although ENCOR hopes to be able to prevent any more mentally handicapped persons from going to Beatrice, the agency doesn't expect to be able to serve community clients in any numbers.

ENCOR is beginning to bring back a few persons from the Beatrice State Developmental Center. This is not being done with the agency's normal operating budget, but with part of the one million dollars set aside by the state legislature for implementing the consent decree on the Beatrice lawsuit. The state has agreed to provide money from this fund for some of the agency's start-up costs (such as providing more residential and vocational space for clients). This start-up money can be used only for persons returning to the community from Beatrice.

As part of the rebuilding process, the agency is also improving its staff training programs, to maintain and increase ENCOR's services to its clients. And there are a lot of new faces at ENCOR since you last heard from the agency in these pages, as well as some new jobs for familiar faces.

ENCOR UPDATE (CONTINUED)

In the months ahead, we'd like to keep you abreast of what the agency is doing, and have you meet some of the people who have come into the agency since the cuts, such as the ENCOR director, deputy director, planning officer, staff development officer and public education and information officer. And we'd like to tell you about the exciting changes taking place in our educational division -- with old programs phasing out and new ones forming.

We'd like to tell you about our long-range planning process, which is getting under way, that is aimed at orderly growth and stability -- so that ENCOR plans and resources will go hand in hand in the future. And we'd like to solicit your input for the five-year plan.

David Howard, ENCOR Director
Dick Irving, Public Education
and Information Officer

* * * * *

AC/MR - DD WILL VISIT ENCOR

In October, Gazette readers read that ENCOR would be surveyed for accreditation by AC/MR - DD, The Accreditation Council for Services for Mentally Retarded and other Developmentally Disabled Persons. At that time, the survey team was expected in November.

The survey has been changed to January 10-14, 1977. A crucial part of the survey process is the Public Information Interview, in which the public, including consumers of ENCOR services, professionals from other agencies, and other interested citizens share their opinions and knowledge about ENCOR with the surveyors. Every GOARC member is invited to attend.

The Public Information Interview will be on January 10, 1977, at 7:30 P.M. at First Federal of Lincoln, 2101 South 42nd St., Omaha (the same place where GOARC General Membership meetings are held.) Please plan to attend. Those who would like to testify about ENCOR's programs are encouraged to do so. The AC/MR - DD survey team seeks community input and considers it a very important part of the survey.

* * * * *

ENHSA/ENCOR GOVERNING BOARD

This is a current list of the members and alternates to the ENHSA/ENCOR Governing Board:

Regular Governing Board Members:
Norman A. Magnusson, Sarpy County
Martin Zoe, Cass County
Floyd Triplett, Washington County
Lavern Marquardt, Dodge County
Michael Albert, Douglas County

Alternate Board Members:
Harold Citta, Sarpy County
Grant Roberts, Cass County
James Hancock, Washington County
Walter Mruz, Dodge County
Daniel Lynch, Douglas County

NEBARC SENATORIAL DINNER

On Thursday, January 13th in Lincoln, NebARC's Legislative Action Committee is once again sponsoring a senatorial dinner. This annual event is given to thank the Senator's for their previous work in passing legislation that has benefitted mentally retarded citizens. In addition to being a thank you, the Senatorial Dinner gives ARC members an opportunity to meet and interact with their state senators. This year's Senatorial Dinner will be especially important since new senators were elected in November. Therefore it is especially important that GOARC members try to attend this dinner to meet their senators.

The dinner will be held at the Cornhusker Hotel in Lincoln, 301 South 13th Street. Social hour begins at 6:00 P.M., and the supper begins at 7:00 P.M. The cost of the buffet dinner is \$8.50 per person. People will be seated with their state senator.

There will be a brief program after the dinner on Citizen Advocacy. This year, NebARC's Legislative Action Committee is hoping to get State General fund dollars to support a Citizen Advocacy program.

In addition to the dinner, NebARC is holding a legislative workshop which will be held on the same day, January 13th, from 1:00 to 5:00 P.M. at the Lincoln Community Services Building, 15th and "N" Streets, 5th floor. Workshop speakers will include a State Senator; Dr. Andrew, Director of State Vocational Rehabilitation; and Dr. Arnold Carmel., Director of the State Office of Mental Retardation. NebARC's legislative goals for 1977 will also be discussed.

If you are able to attend the dinner and/or the legislative workshop please call the GOARC office at 551-9450 so we can keep informed on the number of people going from the Greater Omaha area.

* * * * *

NEBARC NEEDS VOLUNTEERS

NebARC needs your help! We are looking for volunteers to serve on our Membership and our Prevention Committees. These persons need no special talent, only the willingness to commit themselves to the goal of bettering the lives of all Nebraska's mentally retarded citizens by actively participating on NebARC committees.

This year NebARC is making an attempt, at least to partially pay for the expenses ocured by volunteers when they attend committee meetings. We at NebARC realize the importance of volunteer input and hope this will encourage more volunteers to participate on our committees. At each committee meeting we will have vouchers that can be filled out by committee members so they may, if they wish, be reimbursed for mileage and méals.

If there are any volunteers who would be interested in serving on these committees, please call the NebARC office (467-4408) as soon as possible for these committees need to get rolling.

Dwayne L. Knuth
Assistant Executive Director

**Here's Hoping
that the
Winter Winds
Blow some New
Volunteers to
GOARC**



Much of GOARC's work is done through the efforts of volunteers working on committees. This year as always we have several committees that need your support, your efforts, your thoughts and ideas. Among the committees that need additional manpower are: the Membership Committee, the Finance and Budget Committee, the Public Attitudinal Change Committee, and Legislative Action Committee. Most of the committee's work takes place one meeting a month which lasts about two hours. The committees this year also have very measurable goals and objectives, so accomplishments and successes can be easily reached and enjoyed.

If anyone feels he or she has some time to give - and it doesn't have to be very much - then please call the GOARC office and we will make sure that you get notices for committee meetings. Because of the various committees we have, there should be one available that could fit everyone's needs - long standing ones, ad hoc ones, ones that require many hours a month, and some that require just a few, etc. Call today and become "fitted" with a committee!

* * * * *

APPRECIATION

Dear Pilot Parents,

A group of friends like you everyone should be blessed with. Tom and I are lucky to know all of you.

The flowers you sent are just lovely and we're enjoying them so. Soon we'll be home and do come see us or we'll all see you soon. Kathy will be busting with pride over her new little sister Anne and will love to show her off.

Affectionately,
Tom and Jane Upton

NEWS NEWS NEWS

AAESPH CONFERENCE

The American Association for the Education of the Severely/Profoundly Handicapped held its third annual conference in Kansas City, Missouri, October 13-16. Some of the sessions included information on applied behavior analysis, developing communication skills, and involving parents in the educational systems which serve their handicapped children. For more information on the Association and/or the Conference, contact Michael Nuschy, UNO Special Education Department, 554-2201.

* * * * *

WHITMAN CENTER

4708 Davenport - 553-3337 - Youth and Families - Individual Counseling - Group Counseling - Family Sessions - Advocacy - Referral - Peer Groups - Housing - Emergency Services - Help - Whitman Center Speaks To Youth - An Alternative - Whitman Center Alternatives - an alternative to despair
an alternative to court
an alternative to the streets.

* * * * *

PAGEBOYS

Residential will now be using a pageboy to assist staff in time of emergency. It is to be used only after normal procedures for reaching your supervisor have failed. Dial 444-2302, listen for the beep and you will have twelve seconds to record your message. Please give only your name and phone number where you can be reached to protect the confidentiality of the consumer.

* * * * *

BABYSITTERS

There are now available trained babysitters for handicapped children. These sitters have been educated at the University of Nebraska Children's Rehabilitation Institute. The main purpose of these babysitters is to provide short term care for children so that parents can spend a few hours away from their handicapped child. The sitters are asked to charge a fair and reasonable rate for their services, and this fee is to be negotiated between the sitter and the family. For more information, call Ben Cacippo at M.C.R.I. (541-4954).

Calendar Of Events

January

1

HAPPY NEW YEAR!!!

6

Slide presentation - "Handicapism". White House Conference, 10 A.M. at the GOARC Conference Room, sponsored by the Pilot Parent Program.

10

AC/MR - DD - Public Information Interview, First Federal of Lincoln Bldg., 2101 South 42nd St., 7:30 P.M.

12

DD Regional Council Meeting, 12 noon, GOARC office, 140 South 40th Street.

13

NebARC Senatorial Dinner - for all State Legislators, 6 P.M., Lincoln, Nebraska. Call GOARC for more information.

17

Pilot Parent Banquet, Gorat's Steakhouse, 4917 Center Street, 6-7 P.M. cocktails, 7 P.M. dinner.

27

GOARC's General Membership Meeting, First Federal of Lincoln, 2101 South 42nd Street, 7 P.M., Dr. Frank Menolascino will be the guest speaker.

Season's Greetings


A United Way Agency

NON-PROFIT ORG.
U. S. POSTAGE
PAID
Omaha, Nebraska
Permit No. 109

Mr. Anthony Dean
2702
507 E 70th St.
Omaha, NE 68114

TAKE TIME WITH EACH OTHER.
LET THE SEED OF LOVE GROW AND
FLOURISH WITH THE SEASONS;
SPRING'S AWARENESS
SUMMER'S WARMTH
AUTUMN'S UNDERSTANDING
WINTER'S SERENITY

CHILDREN FEEL THEIR HEARTS A-BURNING
LET THEM LIVE THEIR NATURAL YEARNING



GOARC

GAZETTE

A PARENT'S LOVE

**February
1977**

TABLE OF CONTENTS

Judge Schatz Acts in <u>Horacek vs Exon</u> Case Executive Director - Tom Miller	1
NARC Regional Conference	2 - 6
General Membership Meeting	7
ENCOR Educational Services	8 - 10
GOARC Awards Nominations	11
Pilot Parent News/Keep the Ombudsperson Busy	12
Short Takes	13
What'd You Say/NSBA-GOARC	14

COVER POEMS TAKEN FROM "Love is an Attitude" by Walter Rinder

GOARC Executive Committee: John Clark, President; Ed Skarnulis, First Vice-President; George Armstrong, 2nd Vice-President; Jan Novicki, Recording Secretary; Barb Jessing, Corresponding Secretary; Pat Jung, Treasurer.

GOARC Staff: Tom Miller, Executive Director; Amy Humphries, Administrative Assistant; Lynne MacDonald, Office Manager; Donna Reh, Secretary; Patty Smith, Coordinator, Pilot Parent Program; Carl Sullivan, Client Ombudsperson; Billie Cook, Coordinator Poverty and Mental Retardation Program; Christine Smith, Legal Advocate.

Editor: Cathie Campbell

GOARC is a non-profit organization whose purpose is to provide a strong volunteer support organization for all mentally retarded citizens and their families by advocating for the rights, needs, and full development of these citizens of Douglas and Sarpy Counties. Annual Membership: \$9.50.



A United Way Member Agency

Greater Omaha Association for Retarded Citizens
140 South 40 St., Omaha, NE. Ph: 551-9450

JUDGE SCHATZ ACTS IN HORACEK VS. EXON CASE

The Horacek vs. Exon class action suit was filed in the United States District Court in April, 1972. Although almost 5 years have lapsed since the case was filed, relief has still not been granted to the plaintiffs, the mentally retarded persons residing at the Beatrice State Developmental Center, state regional centers or regional mental retardation programs.

Many of us were quite enthusiastic when Judge Schatz heard the case on July 21, 1975, and when an agreement was reached soon after. When Governor Exon signed the Agreement on August 6th, 1975, many of us believed that we would see swift action. After all, the Agreement stated that "all mentally retarded persons have the same constitutional rights as do all other persons who are residing in the United States of America and in the State of Nebraska." Under the terms of the Agreement, the Governor had to establish a five member panel to develop a Plan of Implementation. This panel did meet several times. And then, when the legislature failed to appropriate funds for the Panel, it disbanded, and the Agreement began collecting dust.

The State also submitted a motion to Judge Schatz to dismiss the U.S. Justice Department as plaintiff-intervenor. On December 27, Judge Schatz heard from the State's Attorney reasons why the State did not want the U.S. Justice Department involved. When Judge Schatz asked the Attorney representing the State for the legal reasons for not allowing the Justice Department in on the case, he was silent. The State actually had no legal reasons for denying the Justice Department's involvement. Several days later, Judge Schatz denied the State's motion and announced an evidentiary hearing on February 15 and 16.

During the evidentiary hearing, the representatives for the plaintiffs will have the opportunity to present evidence on why they think the Agreement has been violated.

Over the last year, expert witnesses have visited the Beatrice State Developmental Center and seen examples of abuse and neglect. These will be made known to Judge Schatz during the two day evidentiary hearing. The public is invited to attend the hearing on February 15th and 16th at the 9th floor of the Federal Building, 215 North 17th Street. After the evidence is given, Judge Schatz will hand down a ruling regarding what is to be done on the case.

It is easy for us to forget about mentally retarded persons who still reside at state institutions. It is easy for us to get wrapped up in our own daily affairs. Advocacy for that group of mentally retarded persons is vitally necessary, but frequently forgotten and undone. For a while, there was much interest expressed for those individuals who were still residing in institutions. The Consent Decree indicated that within 3 years the institutional population would decline to 250. That's been over a year ago and in this area only several individuals have been placed from the Beatrice State Developmental Center. The majority are still there, still waiting for the opportunity to experience life in their home communities.

Hopefully, the reopening of the Horacek vs. Exon suit will help people to remember those mentally retarded citizens who should be home. If we are truly advocates, we would examine our actions in regards to those mentally retarded persons who are unfortunate not to be with us.

Thomas Miller
Executive Director

1977 NARC NORTH CENTRAL REGIONAL CONFERENCE

This year's North Central Regional Conference will be held in Lincoln, Nebraska from March 17 - 19. The Capital Association for Retarded Citizens in Lincoln is the host. It is not often that we have an opportunity to attend a conference like this so close to Omaha. Included on this and the following pages is the schedule and a registration form. If you should happen to need more registration forms, please call the GOARC office.

CONFERENCE THEME: "DUIIT"

CONFERENCE PURPOSE: "To Explore Together Approaches to Practical and Complex Issues"

THURSDAY - MARCH 17

Registration - 8:00 A.M. to 8:00 P.M.

North Central Regional Cabinet Meeting 8:30 - 2:00 P.M. (Working Lunch)

NCEARC Training Session - 2:30 to 5:00 P.M.

Thursday Evening - Conference Opens

Plenary Session - Keynote Address - Dr. Frank Menolascino, NARC President

FRIDAY - MARCH 18

- 8:45 to 12:00 Management and Administration of Service Delivery System -
Dr. J. Upright, PHD in Secondary Education, University of Nebraska
"A general orientation in administration principles and practices.
Primarily for professionals in human service programs."
- 8:45 to 12:00 "Lobbying Game" - John Foley - Unit Development, NARC
(Limited to 40) Merv Roth - Executive Director S. Dakota ARC
"A practical approach to how lobbying works."
- 9:00 to 12:00 "How to Become a Dynamic Volunteer" - Mr. Ron Bassett, B.A.
Teacher, Author
"Join this group to pursue a positive attitude, increase your role
as a volunteer, and find a personal fulfillment in whatever you do."
- 8:45 to 10:15 "Current Awareness of the Medical Profession" - Dr. Hussein,
Director of Medical Services Woodward State School - Woodward, IA.
"What is the extent of the awareness of the medical profession
to the problems involved in M.R. and is their knowledge utilized?"
- 10:30-12:00 "Questionable Practices" - Dr. Hussein
"Are false hopes for 'cures' promoted? Are ineffective techniques
and treatment employed in training the handicapped?"
- 8:45 - 12:00 Pilot Parents and Parent Counseling - Ms. Patty Smith - Coordinator
Pilot Parent Program, Greater Omaha Association for Retarded
Citizens.
"A positive parent to parent approach which promotes effective
family relationships and acceptance of your handicapped child."
- 8:45 - 12:00 YOUTH In Action
A. Institutions
B. Nursing Homes
C. Community

FRIDAY P.M.

- 1:30 - 3:00 Helping Mentally Retarded Citizens to Achieve Competitive Employment Status. James Doyle, Placement Specialist, Specialized Services, Inc., Elton, Ill. Roger Smith and Howard Laudert, NARC OJT Field Coordinators. "What is the NARC OJT Project and how can it be used in the community?"
- 1:30 - 3:00 Principles of Drafting Effective State Legislation - Don Moss, Executive Director Illinois ARC
"Deciding what legislation is needed and how to get it"
- 1:30 - 4:45 Officer Training - Mr. Don Boudov, Membership Consultant NARC
Cindy Huber, YNARC Regional V.P. (North Central)
"How to promote and accomplish more effective leadership in the ARC."
- 1:30 - 3:00 Current Status of Genetics as Related to the Developmentally Disabled. Dr. James Eisen, Director of Center for Human Genetics, Professor of Genetics, Univ. of Nebraska Medical Center, Omaha, NE
"Exploring the implications and directions in genetic counseling"
- 3:15 - 4:45 Current Status of Nutrition as it relates to Prevention of M.R. Presenter to be Announced.
"What part does nutrition play in the prevention of M.R.?"
- 1:30 - 4:45 Human Awareness and Relationships - Ann Marie Aita Mulligan, Coordinator of Services for Persons with a Developmental Disability, Planned Parenthood of Lincoln, Nebr. Assisted by Jerome Medol, Rehabilitation Institute, Kansas City, Mo.; Brad Thiel, Graduate Student in Rehabilitation Counseling.
"How does one's awareness of self and others affect one's relationship to others."
- 1:30 - 4:45 After All, What is Advocacy? Panel Presentation (To be announced)
"A general exploration of advocacy in its many ramifications - legal, corporate, group, and individual Citizen Advocacy."

SATURDAY A.M.

Registration 8:00 to 12:00 Noon

- 8:45 - 5:00 Development and Implementation of the IPP (Individual Program Plan) Designed for middle-management staff of service delivery systems. Presented by staff from the Accreditation Counsel for Facilities for the Mentally Retarded.
- 8:45 - 12:00 Current Federal Legislation Update - NARC Governmental Affairs Staff
- 8:45 - 10:15 Integrated Pre-School Programs (ENCOR)
- 10:30 - 12:00 Programs For the Aging M.R. - Community Alternative Service Systems
"What can be accomplished through programming for the aging mentally handicapped individual?"

- 8:45 - 5:00 Bureau of Education of the Handicapped - Ms. Cathy Moore,
Program Coordinator - BEH Training Grant, NARC-BY INVITATION ONLY
- 8:45 - 10:15 Due Process for the Handicapped - National Center for Law and the
Handicapped.
- 10:30 - 12:00 Guardianship - NCLH and Wisconsin ARC
"Examining the trends in the legal arena as these relate to the
handicapped. What's new in Guardianship Law?"
- 8:45 - 10:15 Meaningful Direct Services - Janet Bartlemay - National Youth ARC
Pres.
- 10:30 - 12:00 Principles of Fund Raising

SATURDAY P.M.

- 1:30 - 3:00 In-Home Training - Nebraska Reg. V Office of Mental Retardation
In-Home Staff
- 3:15 - 4:45 "Understanding the Accreditation Process" Mr. Ted Taylor,
Deputy Program Director, Accreditation Council for Facilities
for the Mentally Retarded
- 1:30 - 4:45 Current Status and Development of Programs for Severe and Pro-
foundly Retarded Persons (Panel) - to be announced)
- 1:30 - 4:45 Effectively Monitoring and Evaluating Services through Normal-
ization - Mr. Tom Miller, Executive Director - Greater Omaha ARC,
Omaha, Nebr.
- 1:30 - 3:00 Fund Raising (Continued)
- 3:15 - 4:45 Relationships between the Professional and Families of the
Handicapped - Panel Presentation - Andrea Knight, N.C. Regional
V.P. Moderator. "What should happen and what does happen in the
relationship between parents and professionals."
- 6:00 - 7:00 PM Cash Bar
- 7:00 P.M. Banquet

Our Banquet Speaker this year is Dr. Herb True, South Bend, Indiana
"Laugh, Look, Listen, Learn and Enjoy - from the World's greatest
Edu-tainer! Dr. True is a dynamic, multi-faceted idea man,
specialist in creativity, accomplished as an author, research
analyst, humorist and recording artist. He holds a BA degree from
Oklahoma, MS from Northwestern and a PhD in psychology from the
University of Iowa. The program committee has asked Dr. True to
focus on new exciting ways to stimulate parents and professionals
to "get up and get moving." We hope you will go home stimulated
to become involved. Humor - especially learning to laugh at our-
selves and with others, is one of Dr. True's specialties.
Dr. True has much to share on where to go to add topical fresh
material (with joy) and use (with laughter) your own special
humor power. Don't miss this exciting presentation.

- 9:30 - Whoopee Time - Big Dance

Listed below is an abbreviated list of all workshops. The Program Committee would appreciate registrants checking workshops they are interested in attending and including this sheet when mailing in registrations. This will assist the committee in providing proper room space for each workshop.

FRIDAY A.M.

- Management & Administration of Service Delivery Systems
- Lobbying Game (Limited to 40 Participants)
- How to Develop a Dynamic Volunteer
- "Questionable Practices and Current Awareness of the Medical Profession"
- Pilot Parents and Parent Counseling
- Youth in Action

FRIDAY P.M.

- NARC On the Job Training
- Governmental Affairs - Principles of Drafting Effective Legislation
- ARC Officer Training
- Prevention - Genetics & Nutrition
- Human Awareness and Relationships
- After All - 'What Is Advocacy'

SATURDAY A.M.

- Development & Implementation of the I.P.P. (all day)
- Current Federal Legislation - Governmental Affairs Staff
- Pre School and In-Home-Training
- Programs for the Aging M.R.
- Due Process and Guardianship
- Meaningful Direct Service
- Bureau of the Education for the Handicapped (By invitation only)
- Fund Raising
- The "Art of Monitoring"
- Current Status and Development of Programs for the Severe and the Profoundly Handicapped
- Panel Presentation - Professionals & Families of the Handicapped

BE SURE TO SEE OTHER SIDE OF THIS FORM

THIS FORM IS TO BE RETURNED WITH YOUR REGISTRATION

CONFERENCE REGISTRATION
NebARC STATE CONVENTION
AND
NARC NORTHCENTRAL REGIONAL CONFERENCE

MARCH 17-19, 1977

Lincoln, Nebraska

PLEASE USE A SEPARATE REGISTRATION FORM FOR EACH PERSON

NAME _____
(Print names as you want it to appear on name tag)

STREET _____

CITY _____ STATE _____ ZIP _____

1. Name of your ARC Unit: _____

2. Please check if you are one of the following:

_____ Local President _____ State Board Representative

_____ Local Executive Director _____ Local Unit Delegate

ALL REGISTRANTS MUST PAY REGISTRATION FEE

Pre-Registration Fee (postmarked by March 10)	\$15.00	_____
Registration Fee After March 10	17.00	_____
Handicapped Individuals (Entire Conference)	5.00	_____
Registration for ONE day	5.00	_____

Additional Fees for Conference Activities:

Conference Banquet - Saturday	9.00	_____
Award & Research Luncheon - Friday	5.00	_____

Total Amount Enclosed _____

MAKE CHECK OR MONEY ORDER PAYABLE TO NORTH CENTRAL REGIONAL CONFERENCE

MAIL CHECK AND REGISTRATION TO:
CAPITAL ASSOCIATION FOR RETARDED CITIZENS
208 Lincoln Center Building
Lincoln, Nebraska 68508

GOARC'S

make
a note
of this

General Membership Meeting



MARCH 3, 1977, THURSDAY

7:30 P.M.

FIRST FEDERAL SAVINGS AND LOAN
2101 SOUTH 42ND STREET

TOPIC: FIND OUT ABOUT ENCOR: WHERE THEY'VE BEEN
WHERE THEY ARE NOW
WHERE THEY HOPE TO BE

ENCOR STAFF WILL EXPLAIN THEIR SERVICES: EDUCATIONAL
VOCATIONAL
RESIDENTIAL
ADVISORY

ENCOR EDUCATIONAL SERVICES

Educational services offered by the Eastern Nebraska Community Office of Retardation (ENCOR) have changed a lot since the late 1960's, when GOARC turned over to ENCOR the developmental services GOARC had begun. And ENCOR's educational services are still changing, as programs are phased into the public schools, and as innovations take place in the remaining services.

The stated purpose of the ENCOR Educational Services Division is to prepare mentally retarded children to use the same educational settings and resources available to all children in their own communities independent of ENCOR support.

The agency's primary means of carrying out this purpose now is through the Coordinated Early Education (CEEP) program, which includes home training and integrated preschool settings. ENCOR's educational programs for school-age children have been gradually phased out over the years, as the public schools have developed their own programs for handicapped students, under provisions of LB 403, passed by the Nebraska legislature.

ENCOR began phasing out school-age educational programs in the fall of 1974. The Benson and Sarpy Developmental Centers closed in September, 1974. The West Developmental Center closed in June, 1975. CHANCE Developmental Center closed in September, 1975. Each closing meant that more mentally handicapped youngsters were being served in public schools.

By the last school year, ENCOR was operating only three school-age educational programs: South School in South Omaha, the Ryan Adolescent Education Program, and the Fremont School. These three programs were serving about three dozen students, compared with the more than 200 who were served in developmental centers in the 1972-73 school year, before LB 403.

The Ryan program last year moved toward more integration of ENCOR students with the students of Ryan High School. Although the ENCOR students were in separate classrooms, they shared the gym and lunchroom with Ryan students. And Ryan student volunteers came into the ENCOR classrooms during the school day, working with ENCOR students and receiving school credit, as well as personal satisfaction, for it. Both the Ryan and South School programs closed this fall, as the last of their students entered the public school systems.

Now only Fremont, serving six students, is left. This program has moved toward more integration this year, following its move into the old Bergan Grade School in Fremont. ENCOR students in Fremont share a lunchroom with Bergan students and benefit from the same type of volunteer program that existed at Ryan. But the Fremont program's days may be numbered. ENCOR officials and Fremont Public School officials are discussing the feasibility of phasing the remaining ENCOR school-age students into public schools. If the Fremont board of education approves, the changeover may take place this fall, and the last ENCOR school-age educational program will become history.

Although this would mean the end of an era, the phasing out of ENCOR school-age educational programs is a time for happiness. The goal of ENCOR and GOARC has always been to see that mentally handicapped students receive the same educational opportunities as non-handicapped students. Although there has been, and may continue to be, occasional faltering along the way, that goal is in sight.

ENCOR EDUCATIONAL SERVICES (continued)

But that doesn't end the need for parents to continue to be involved in the evaluating, planning and monitoring of public school programs for their children.

ENCOR Educational Services continue to serve about 65 preschool-age children, through home training and integrated preschool programs. The Coordinated Early Education Program (CEEP) began in 1973, partially funded by a federal Bureau of Education for the Handicapped (BEH) grant. This grant ended in June, 1976, but the programs continue through ENCOR's regular funding sources--county, state and federal.

Through the CEEP program, all preschool-age children receiving ENCOR services have been served at home or in preschool centers since 1975. The home training program involves an ENCOR teacher who visits the child's home about once a week to work directly with the child, and to advise the parents on particular educational techniques. This program focuses on children from birth to age 3, and is carried on in cooperation with the Meyer Children's Rehabilitation Institute (MCRI) of the University of Nebraska Medical Center.

MCRI's Infant Development Program begins with assessing the individual strengths and weaknesses of a young developmentally delayed child. Very young children may be served by MCRI's Infant Stimulation program. Older children may be referred to ENCOR's home training program or may be served in MCRI's preschool program.

Developmentally delayed preschool children age three and older are served through ENCOR in a variety of preschool settings, with varying degrees of integration. These include the traveling resource teacher program, the regular integrated program, the cooperative outreach program and the cooperative classroom program. All these programs utilize private preschool centers in communities throughout ENCOR's five-county area.

ENCOR travelling resource teachers visit regular preschools which have developmentally delayed children enrolled who do not require full-time support. The travelling teacher visits each center once or twice a week to observe the delayed children and assist their teachers with ideas. In the regular integrated program, an ENCOR resource teacher works full-time with the preschool center staff to integrate handicapped children, who participate in all center activities, into the regular preschool programs.

In the cooperative classroom program, children who need more support than can be provided in a regular preschool setting are enrolled in a cooperative classroom, which is a separate space within a regular preschool. These children participate in some of the day's activities with the other children in the preschool. The cooperative outreach program, new this year, involves delayed children who need more support also, but integrates them into the regular preschool activities with a higher staff-to-student ratio, rather than separating them into a cooperative classroom.

Steve Pew has been hired as Educational Director at ENCOR.

ENCOR EDUCATIONAL SERVICES (continued)

The ENCOR Educational Division also provides Motor Development Services, which, in cooperation with parents, teachers, advisers, physicians and occupational therapists, makes special adaptive equipment that positions students so they can participate in educational activities.

ENCOR's preschool and home training programs currently have a waiting list for services that averages 10 to 15 children. Whether or not a particular child can receive services may depend on whether the agency's limited resources--transportation, number of staff, etc.--can be arranged to meet a child's individual needs. As many as two dozen openings may be available in these programs next fall, as children move on into public schools.

There are two costs for children receiving ENCOR preschool services. One is the fee charged by the preschool center for enrollment, which varies from center to center. The other is the cost for ENCOR staff time and materials.

ENCOR's fee schedule for educational services is currently based on six percent of the family's taxable income. This is divided by 365, to yield a daily rate. The educational fee charged for any month is based on the actual number of days of service that month.

What are the directions for the future of ENCOR educational services? Innovations continue to be made. The new preschool cooperative outreach program points the way--toward the least restrictive alternative, as the goal has always been.

The preschool educational emphasis is shifting, from a setting in which ENCOR teachers provide all services to delayed children on a full-time basis, which may necessitate transporting a child out of his or her neighborhood to wherever services are available. The changing emphasis is on leaving a child in a preschool center near his home, where traveling teachers can provide the necessary support.

Dick Irving,
ENCOR Public Education and
Information Officer

Bruce Kai,
ENCOR Deputy Director

* * * * *

PARENTS! PARENTS! Mark April 18th on your calendars. A special night is being planned. Watch for further information.

* * * * *

awards · awards · awards · awards

goarc

awards nominations

- Please make your nominations for the award categories below.
- A few brief remarks about your candidate(s) would be appreciated. Use the back side of this form if necessary.
- Nomination deadline is March 17th.
- Awards will be presented at the GOARC General Membership Meeting, May 5, 1977.

AWARDS:

Organization of the Year _____
(an organization which has been helpful in any way to retarded citizens)

Employer of the Year _____
(someone who employs retarded citizens)

Outstanding Progress - Adult _____

Outstanding Progress - Youth _____

Distinguished Service Award _____

Volunteer of the Year _____

Parents of the Year _____

Advocate of the Year _____

Outstanding GOYARC Member _____

Employee of the Year _____
(someone who works for an organization providing services for retarded citizens)

Pilot Parent of the Year _____

Teacher of the Year _____

Citizen of the Year _____

REMARKS:

Signature

Phone number

Please mail or phone by March 17th to: The Greater Omaha Association for Retarded Citizens
140 South 40th Street
Omaha, NE., 68131 (551-9450)

awards · awards · awards · awards

PILOT PARENT BANQUET

Cold weather, snow, and ice did not deter some 35 members of the Pilot Parent Program from thoroughly enjoying their annual banquet this past January 17th. The scene was Gorat's Steakhouse. The menu was mostly some very fine steaks and the company was some delightful people who really enjoyed the evening out.

This was the first presentation of the new Pilot Parent slide show which is narrated by Janie Grimm. The slide presentation, filmed, edited, and produced by Robert Coleman, is the new pride of the Pilot Parent Program. In it Janie Grimm very carefully weaves together her own personal story with Chris and her family and all the component parts of the Pilot Parent Program.

Certificates were given to the latest Pilot Parents, those who finished training in November. The following persons received new Pilot Parent certificates: Mrs. Eddie Felix, Sherrie Socha, Doug and Jodie Derby, Helen Bean, Kerri and Willy Hanson, and Susan Pruitt. We welcome all these newly trained people in to the Pilot Parent Program.

A good portion of the evening was devoted to the sharing of experiences in the Pilot Parent Program. Just about everyone who attended had something to share, from the grandest success, to the twinging rejection, to good presentations, and finally to "man, I wonder how we did that time?" These were the things that we shared with each other. The members of the group seemed to grow closer.

Together, the quality and depth to which they could handle their common problem - being parents of handicapped children - grew to new proportions.

* * * * *

KEEP THE OMBUDSPERSON BUSY!

Do you know of anyone who:

1. Has been denied services for questionable reasons?
2. Has been terminated from a specific service without good reason?
3. Wants to appeal a decision or a situation with which they disagree?
4. Is dissatisfied with specific ENCOR services?
5. Questions the quality, adequacy, appropriateness, or availability of services?
6. Has been forced to send a loved one to Beatrice or is planning to do so because of the lack of residential services?
7. Is not having questions about services satisfactorily answered?
8. Wishes to participate more in decision-making, operations, planning, etc., that effect mentally retarded persons?
9. Feels that services are not responsive to consumer needs?

Pass it on: Doing something about a problem starts when you say something about it.

Call the GOARC Ombudsperson at 551-9450 or call 556-7189 at any time and, at the sound of the beep, make a two-minute recorded message that includes your name, address, telephone number, and a description of the problem.

SHORT TAKES

On February 7th, from 7:00 to 8:30 P.M., Channel 3, KMTV will be showing "Emily, Emily" an original 90-minute "Hallmark Hall of Fame" drama about Freddie, a 19 year old mentally retarded person who is helped to function in the world around him. Tune in, if you can!

* * * * *

Dr. Elizabeth Boggs has been nominated by Ladies Home Journal for Woman of the Year in 1977 in the Science and Research category. Dr. Boggs is listed on the ballot which appears in the January, 1977 issue of Ladies Home Journal on pages 113 - 114 as past president of the National Association for Retarded Citizens.

We are encouraging your active support of Dr. Boggs' nomination through submission of ballots. In order to vote, the official ballot appearing in Ladies Home Journal must be used. Deadline for voting for Woman of the Year is February 15, 1977.

In order to find out more information regarding Dr. Boggs, you may look at the December, 1976 issue of MR News which highlights her long commitment and service to the ARC and the field of mental retardation.

To have Dr. Boggs cited for this achievement will be an outstanding honor to all individuals involved in the ARC movement. Please lend your support.

* * * * *

The Senatorial Appreciation Dinner and Workshop has been rescheduled from January 13th to February 18th. A special mailing carried this information. If you are able to make this dinner, it would be well worth it. You will be able to meet your senator and learn about NebARC's legislative goals for 1977.

* * * * *

WANT TO WIELD POWER?

GOARC's Nominating Committee is now seeking names of persons who would like to serve on GOARC's Board of Directors. We need persons who have an interest in the welfare of all mentally retarded persons, an enthusiasm for the goals and objectives of GOARC, and a willingness to spend several hours a month on committees in order to accomplish the Board's goals. If you or someone you know would be interested in becoming a member of GOARC's Board, please call the GOARC office at 551-9450. Some one from the Nominating Committee will get in touch with you shortly.

WHAT'D YOU SAY?

The following are some suggested dictaphone rules that will help our secretaries in typing your dictated material in an efficient manner. We would appreciate your cooperation in helping us to improve our transcribing and the quality of your materials.

If you have any questions or comments, please give us a call.

Thank you!

DICTAPHONE RULES

1. Have all your information ready. Know what you are going to say, i.e. have a rough draft of what you want to say in front of you. Have addresses available. (This is to avoid the whistle that comes through the dictaphone when nothing is being said!)
2. Over-enunciate. Try to speak at a normal pace, not too slow or too fast.
3. Spell all names, proper nouns, etc.
4. Include punctuation, paragraphs should be indicated, format of material being dictated, i.e. memo form, letter form, indented columns, numbering or lettering system, etc.
5. Give us a deadline and please try to call in material as much in advance as possible.

* * * * *

NSBA/GOARC LEGAL SERVICES PROJECT

Ms. Christine Smith has been hired as the Legal Advocate for the Nebraska State Bar Association's Legal Services Project. This Project is funded under a one year grant from the American Bar Association, one of ten chosen nationally. As Legal Advocate, Ms. Smith will provide direct legal services to mentally retarded individuals and groups who are indigent, make referrals of other mentally retarded citizens to private attorneys and other available legal resources, assist in the creation of a network of attorneys sensitive to, and competent in, the field of mental health law, and to assist in the publication of a mental disability bar directory for the State.

Christine Smith is a June, 1976 graduate of Chicago's Loyola University. She participated in the revision of The Mentally Disabled and The Law and also interviewed mentally disabled persons for a research project entitled, "The Legal Needs of the Institutionalized."

Christine will begin her position on February 1 at the GOARC office. We welcome her to GOARC! Future articles about the project will be written in later Gazettes.

DO YOU HAVE TRANSPORTATION PROBLEMS?

You are invited to tell The Transit Advisory Committee about transportation problems you may have. Simply fill out the questionnaire according to directions. Fold it so that the Transit Advisory Committee address shows, and tape or staple it closed. Drop it in the mail. No stamp is required. Thank you for your comments and assistance.

1. In what city do you live? _____

2. Male _____ Female _____

3. Age group: 16-64 _____ Over 64 _____

4. Address or nearest street intersection _____

5. Annual income:

\$0 to \$4,999 _____ \$5,000 to \$6,999 _____ Over \$7,000 _____

6. Are you mobility disabled? Yes _____ No _____ How? _____

7. Check below the statements that describe the transportation problems you now have.

_____ They prevent me from getting or holding a job.

_____ They prevent me from getting a better job.

_____ They prevent me from taking advantages of services offered senior citizens, disabled.

_____ Overcrowding problems make it difficult for me to use public transportation.

_____ I cannot board a transit bus without assistance.

_____ I require transportation which will move me in a wheel chair.

8. What improvements in MAT buses would help to serve you better?

9. What improvements in MAT routes would help to serve you better?

10. What trips do you now take and how do you get there? Fill in the boxes that are appropriate.

Where must you go?
(Write in address-place)

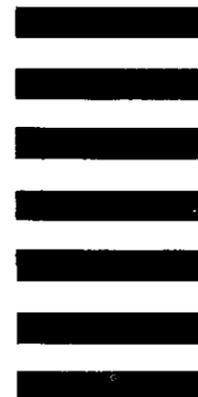
How do you get there?
(car, bus, taxi, walk)

Doctor Dentist		
Nutrition Site		
Work		
Grocery Shopping		
Other Shopping		
Personal Business		
Recreation		
Education Job Training		
Volunteer Work		
Social Service Agency		
Church		
Other		

FIRST CLASS
Permit No. 4239
OMAHA, NEB.

BUSINESS REPLY MAIL
NO POSTAGE NECESSARY IF MAILED IN THE UNITED STATES

Transit Advisory Committee
Metro Area Transit
2615 Cuming Street
Omaha, Nebraska 68131





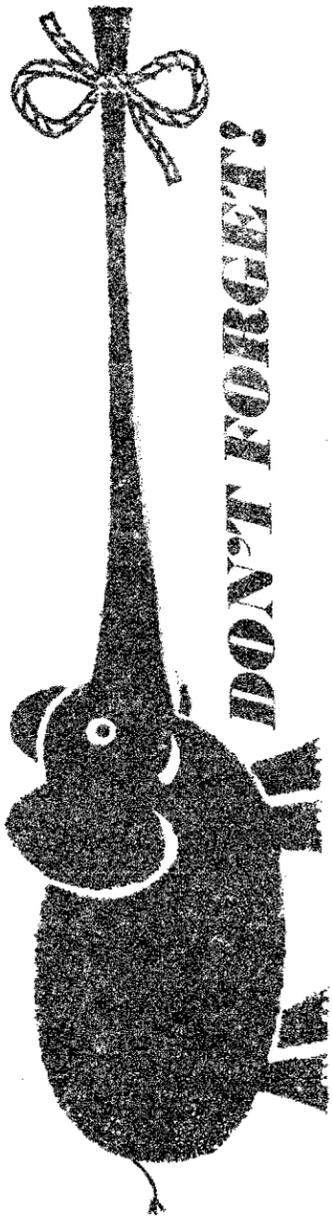
CALENDAR OF EVENTS

FEBRUARY

- 14 HAPPY VALENTINES DAY!!
Deadline date for March Gazette articles.
- 15 GOARC Board of Directors meeting, 7:30 PM, GOARC.
- 21 Office will be closed all day for Washington's Birthday.

MARCH

- 1 Executive Committee meeting, 7:30 PM, GOARC.
- 3 General Membership Meeting, First Federal of Lincoln, 2101 South 42nd, ENCOR presentation, 7:00 PM.
- 7 Pilot Parent Training with Dr. Frank Menolascino, and film, "Cry Sorrow, Cry Hope". 7:30 PM, GOARC.
- 14 Pilot Parent Training with Fran Porter, Shirley Dean, and Patty Smith, orientation of the program.
- 15 GOARC Board of Directors meeting, 7:30 PM, GOARC.



Send Your MEMBERSHIP In ...
TODAY



A United Way Agency

NON-PROFIT OEG.
U.S. POSTAGE
PAID
OMAHA, NEBRASKA
PERMIT NO. 109

Ms. Shirley Dean
ENCOR
885 S 72nd St.
Omaha, NE 68114

GOARC

GAZETTE



ROBERT COLEMAN

**March
1977**

TABLE OF CONTENTS

Misues of Power.....	1-2
1976 Honey Sunday Awards Dinner.....	3-4
ENCOR Residential Services by Dick Irving.....	5-8
Training Opportunities at ENCOR.....	9-11
Pilot Parent News.....	12-14
Happy Birthday Tom by Alice Blackstone.....	15
Greater Omaha Youth Association for Retarded Citizens.....	16
MCRI Survey.....	17
NARC Life Insurance.....	18
Short Takes.....	19-20
GOARC Awards Nominations.....	21

GOARC Executive Committee: *John Clark, President; Ed Skarnulis, First Vice-President; George Armstrong, 2nd Vice-President; Jan Novicki, Recording Secretary; Barb Jessing, Corresponding Secretary; Pat Jung, Treasurer.*

GOARC Staff: *Tom Miller, Executive Director; Amy Humphries, Administrative Assistant; Lynne MacDonald, Office Manager; Donna Reh, Secretary; Patty Smith, Coordinator, Pilot Parent Program; Carl Sullivan, Client Ombudsperson; Billie Cook, Coordinator, Poverty and Mental Retardation Program.*

Editor: *Cathie Campbell*

GOARC is a non-profit organization whose purpose is to provide a strong volunteer support organization for all mentally retarded citizens and their families by advocating for the rights, needs, and full development of these citizens of Douglas and Sarpy Counties. Annual membership: \$9.50.



A United Way Agency

Greater Omaha Association for Retarded Citizens
140 South 40 St., Omaha, NE. Ph: 551-9450

MISUSE OF POWER

In last month's Gazette I wrote about the evidentiary hearing on Horacek vs. Exon that was to have been held on February 15th and 16th. This hearing was to have brought before Judge Schatz current information on why the terms of the Consent Decree was not being met by the State. I expressed in my article a hopeful optimism that perhaps, with new information, Judge Schatz would act favorably for mentally retarded persons and would assure relief for them.

The hearing never happened. In the February 11th issue of the Omaha World Herald there was an article which told about the postponement of the hearing until April 18th. Governor Exon had personally interceded with the new U.S. Attorney General, Griffin Bell, in order to postpone the court hearing for an additional 60 days. A State official indicated, however, that "the State has absolutely nothing to hide" and that State officials are "convinced that we are implementing the Decree".

If in fact the Decree is being implemented, if in fact all of the programs and services that are needed by mentally retarded persons are being provided, why then does the State continue to ask for delays and postponements? Why has this case been lingering since 1972? Why did Governor Exon have to use his power of the Office of the Governor of Nebraska to convince the new attorney general (who happens to be in the same political party) that there should be a delay in the court hearing? Would any of us have the same kind of power to insist that the court hearing be held immediately so that mentally retarded persons' needs be met?

Power is a tremendous thing, and can be used for good or for bad. In this particular situation, I feel that the Governor misused his power.

A delay in the court hearing has negative implications for the mentally retarded plaintiffs. There will be a shorter amount of time available to introduce bills in the legislature, lengthening the time when real relief can be given to the plaintiffs. Governor Exon is not hurt by the delays; indeed, the majority of people throughout the State of Nebraska will not be even minimally affected. However, the mentally retarded persons whom the lawsuit is meant to protect are affected by the numerous delays and postponements.

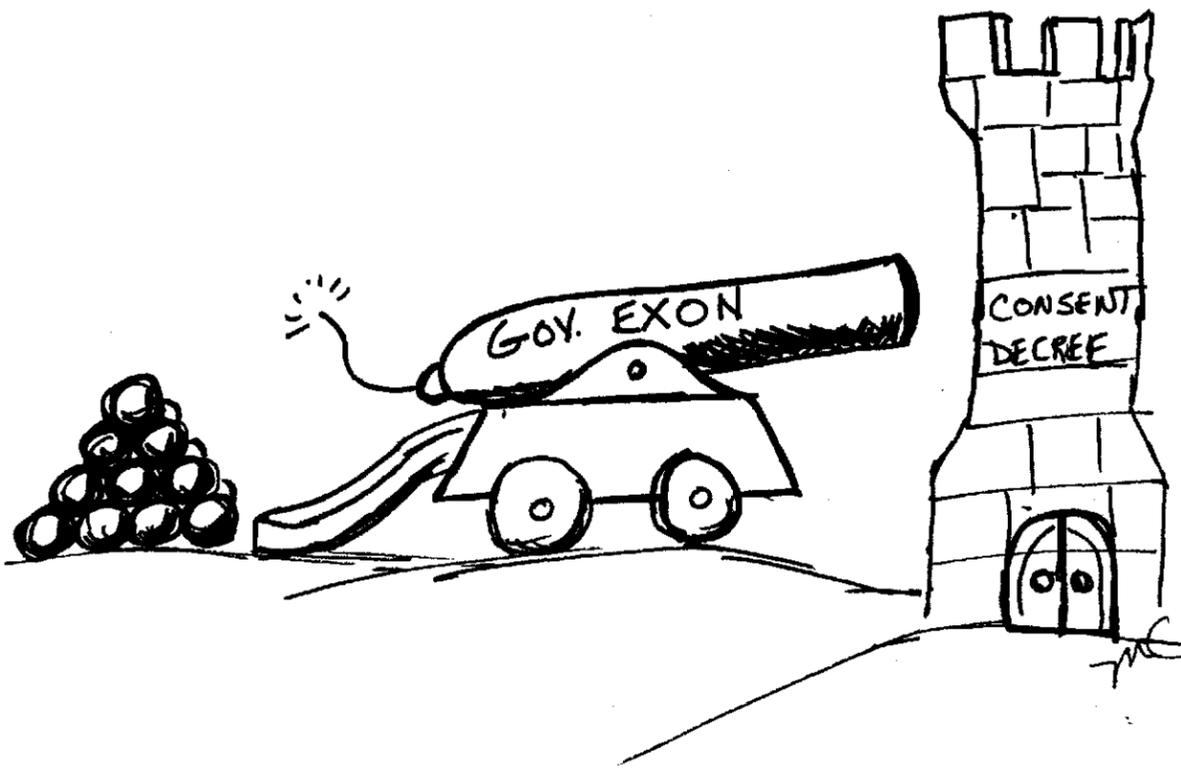
Governor Exon has indicated through other actions that he is not willing to cooperate with the terms of the Consent Agreement. In his budget bill to the legislature, Governor Exon recently requested an additional 2 million dollars for the Beatrice State Developmental Center and over \$400,000 for capital construction. If this same amount of money went to serve retarded persons in community-based programs, the institution would not need this additional money. Capital construction and renovation at the Beatrice State Developmental Center is not allowed by the Consent Decree. With the decline of the population at the Institution, capital construction is not needed and consequently becomes a useless and immoral use of tax dollars. Governor Exon did include \$750,000 for the regional programs to bring people out of Beatrice but this small amount divided by six regions will not serve many persons. Recently Jerry Griepentrog, the

MISUSE OF POWER (cont'd.)

Program Director of the Beatrice State Developmental Center, was hired part time to coordinate implementation of the Consent Decree and also to coordinate overall State participation in mental retardation programs. Rather than assisting in coordination, an additional person's involvement could be a stumbling block to coordination. As an example, a meeting scheduled between the State Department of Public Welfare and ENCOR was cancelled because Mr. Griepentrog could not be there. Mr. Griepentrog has failed to reschedule the cancelled February 8th meeting.

In summary, it appears that Governor Exon is attempting to control programs and services for retarded persons. The Governor's interference with the hearing, the Governor's budget which allots more funds to the institution rather than to community programs, and the appointment of a key institution employee as "coordinator" seem designed to flaunt the provisions of the Consent Decree. A direct misuse of power!!

Thomas Miller
Executive Director





1976 HONEY SUNDAY AWARDS DINNER

The South Park Apartments' Club House was the scene of celebration on January 31 as GOARC and Jaycee volunteers met for the 1976 Honey Sunday Awards Dinner. The purpose of the dinner was to honor those volunteers who contributed exceptional time and effort to make Honey Sunday '76 a success.

The dinner, a prime rib buffet, was partially donated by Dave Fisher of Distinguished Catering by Fisher. Dave, his partner Elsie Moravec, and Al Brown provided a delicious dinner and excellent service.

Dave Wingert, the popular WOW morning DJ who served as Honey Sunday Honorary Chairman, received a plaque and a stuffed Honey Bear in appreciation of his outstanding contribution to the '76 campaign. Coordinators and Chairpersons honored at the dinner are as follows:

- Bob Gehrman.....GOARC Honey Sunday Chairman
- Russ Ingram.....Jaycee Honey Sunday Chairman
- Fran Porter.....Northeast Area Coordinator
- Glenda Davis.....Northeast Area Coordinator
- Sister Mary Evangeline.... North Central Area
Coordinator
- Sharon Abboud.....Assistant Coordinator, North
Central Area
- Chris Christiansen..Northwest Area Coordinator
- Mary McGill.....Southeast Area Coordinator
- Cathie Amdor.....South Central Area Coordinator
- Michael Nuschy.....South West Area Coordinator
- Don Grimm.....West Area Coordinator
- John Severin, Jr...Jaycee Manpower Chairman
- Tom Sander.....Jaycee Publicity Chairman
- Bob Lanphier.....Jaycee Distribution Point
Co-Chairman
- Steve Hill.....Jaycee Distribution Point
Co-Chairman
- Ken Ragland.....Bellevue Jaycees
- Ken Harrigan.....Papillion Jaycees
- Ralston Jaycees Bennington Jaycees
- Valley Jaycees Gretna Jaycees
- Springfield Women's Club

Many thanks to Distinguished Catering for the wonderful dinner and to Betty Morinelli, manager of South Park Apartments, for the use of the club house.



Pictures: Opposite page from top: Dave Wingert, Honorary Chairman; Ken Ragland and Tom Miller; Dave Fisher of Distinguished Catering by Fisher.

This page from top, left to right: Tom Sander; Elsie Moravec, Dave Fisher and Vicki Severin; Sister Mary Evangeline and Sister Mary Cabrini; Tom Miller and Sharon Abboud; Larry and Glenda Davis; Dave Wingert and John Clark; Chris Christiansen.

Photos by Pat Henry

ENCOR Residential Services

The purpose of ENCOR's Residential Services Division is to prepare mentally retarded citizens to use the same residential settings that all other citizens use. The purpose is not to provide a permanent, or long-term home for its clients.

ENCOR's aim is to support, not supplant, the natural home. For that reason, we work from the premise that residential services should be avoided whenever possible. Before a client is provided with ENCOR residential service, ENCOR advisors explore every possible alternative. They look for in-home services or community resources that would enable the individual to remain in his or her parents' home, or to live independently.

Once it is decided that ENCOR residential services are necessary for a particular individual, ENCOR staff still try to avoid a full-time residential placement.

When the residential division accepts a child as a client, the staff draws up a contract between the parents and staff. This contract specifies what the parents would like to see accomplished--what skills to gain, what behaviors to eliminate. The contract is drawn up for a limited period of time. At the end of that time, if the aims have been met, the child is to return home. While the child is living with ENCOR, he or she returns home on weekends or holidays as often as possible.

For the future, short-term respite care points the way towards the agency's long-term goal. That goal is to shift the emphasis from residential care to preventive care. The agency is looking for sources of funding for in-home services to keep more mentally retarded persons in their natural homes. And, in the future, the agency hopes to make more residential placements on a five-day week basis, with the clients spending all weekends at home.

The ENCOR residential system has changed a lot over the years. When ENCOR took the first two community-based residential homes over from GOARC in 1970, the emphasis was on the group home model. Each group home (or hostel, as they were called in the beginning) provided living arrangements for four up to as many as ten clients. The average was seven.

Thirteen group homes were established, spread around ENCOR's five-county area. The hostels hired women as full-time live-in houseparents. Their husbands were not on the payroll, and often held other jobs or were attending school. In 1973, the husbands were put on the payroll as live-in staff for the group homes, but the emphasis was still on houseparents. Then, in 1974, the houseparents gave way to a new system, in which a residential manager ran a residence, with the aid of residential assistants who worked in rotating shifts.

ENCOR now has 197 clients living in 95 residences. Residential intake has been slowed considerably by the financial problems of the past year. Although openings are being created in the residential system, many of them will, of

ENCOR Residential Services (cont'd)

necessity, go to individuals coming out of the Beatrice State Developmental Center. ENCOR plans to bring 20 persons out of the institution in the next few months.

Before we talk about the changeover to the new residential model, let's take a look at some specialized residential services that were developed to supplement the group homes. These included: the structured correctional program, the behavior shaping unit, the crisis assistance unit, the developmental maximization unit and the adult multi-handicapped program.

The structured correctional program opened in 1974 and closed in 1976, when its grant funding was not renewed. The program served retarded persons who had run afoul of the law. The program's purpose was to provide a community alternative to placing mentally handicapped lawbreakers in prison or in one of the state regional centers. The structured correctional program provided residential services to more than a dozen clients during its existence.

The behavior shaping unit operated for about four years until it was closed in September 1974. The unit was a specific group home set aside for clients with severe behavior problems. There they received intensive behavioral programming from a specially trained staff person. The unit was closed because of changing residential programming concepts.

As one staff member expressed it, "We found that, when we put a client with maladaptive behaviors into a residence with other individuals who had behavior problems, that they simply picked up new inappropriate behaviors from one another." On the other hand, when these individuals live with better-behaved persons, their peer modeling serves to reduce their behavior problems. They learn how to behave from their peers, rather than from staff.

The crisis assistance unit, which operated from 1972 to 1975, was another specialized ENCOR residence. It served an average of 15 persons a month. These were individuals who lived in their natural homes, but who required occasional short-term placements to give their parents a breather.

Although the crisis assistance unit was closed during the 1975 funding cutbacks, the agency has no plans to reopen it, regardless of the financial situation. Respite care is now provided by placing such clients temporarily with families in the community who have volunteered as crisis homes. Five to ten individuals a month are served this way. Although current staffing levels don't always allow us to provide as many crisis placements as parents seem to want, we believe the current system including special units so that crisis clusters can be developed, will be capable of handling crisis situations better. These plans are contingent on availability of funds.

The Developmental Maximization Unit, located in a ward at Douglas County Hospital, has operated since 1970. Its purpose is to serve multi-handicapped and medically involved children who need the additional medical support that is available in a hospital setting.

ENCOR Residential Services (cont'd)

However, the agency has found over the years that many of the children improved over time and became capable of residing outside the hospital environment. Several have left DMU. Some have moved into apartments and homes with ENCOR staff. Some have returned to their parents' homes. There are now only seven children living at DMU, compared with a maximum of 21 at the program's peak.

When children are moved out of DMU into other residential settings, they may require a higher staff-to-client ratio, as well as special physical settings, including such equipment as grab bars or ramps. And some need to live in more normal residential settings than a hospital emergency room, for medical crises. But they can live in more normal residential settings than a hospital ward can provide.

The adult multi-handicapped program was set up in June of 1975 to provide the same sort of medical-residential setting for adults as DMU does for children. It was located at the Medcenter on Mercy Road. This program closed a year after it opened, when its grant was not renewed.

After the specialized residential programs was phased out, the new system became based on alternative living units. It was created for two reasons. One was to provide more normal living situations for individuals than was possible in large group homes. The other was to provide more services with better cost benefits than group homes.

An alternative living unit serves three or less individuals. Alternative living units (ALU) are organized into clusters that provide for management control, supervision, and support of individual ALU's, and which allows for the client movement within the system to less restrictive alternatives.

Clusters are administratively and geographically organized into geographic areas, headed by area coordinators who report to the residential director. Each cluster has the capacity to serve up to 20 individuals residentially. A cluster is made up of a core residence and six to ten ALU's.

Many of the core residences are former group homes. A core residence is the administrative center of the cluster. Some clients live in the core residence. (Ideally, no more than three clients, but some are serving up to six now). A core staff provides programming for these clients, as well as supervising the satellite ALU staff. Clients who live in ALU's in the cluster can live in the core residence temporarily. And core staff can provide temporary coverage in ALU's.

In clusters serving children, some of the ALU's are private homes and take one to three children into their homes. ENCOR contracts with couples (or sometimes single persons) to serve as home teachers. The home teachers provide a home for children and individualized programming.

In clusters serving adults, the ALU's take different forms. Some are staffed apartments in which the clients live with an ENCOR staff member. Some are off-site apartments or homes, in which handicapped persons live alone or with roommates for help with shopping, budgeting, etc., receiving periodic visits from ENCOR staff. These staff visits may be more or less frequent, depending

ENCOR Residential Services (cont'd)

on the needs of the individuals.

The cluster staff meet regularly to share information and discuss problems. The core staff visit the ALUs regularly to provide support and help with programming. And the core can supply extra staff for ALUs, or take in clients from ALUs, in crisis situations.

But the ENCOR residential system is structured for a more important reason than administrative convenience. It provides a system for client movement to meet the individual needs of the persons served. That movement is always toward the least restrictive alternative, from the relatively structured living of a core residence, to the home-like home teacher placement or staffed apartment, and on to independent living.

ENCOR's goal has always been to prevent mentally handicapped persons in our communities from being placed in institutions, and to bring those already in institutions back into the communities. Normalization is the key word.

And the least restrictive alternative is the byword. Group homes were less restrictive alternatives than institutions. ALUs are less restrictive than group homes. And your own home is the least restrictive alternative, and the most normal living situation of all.

Dick Irving
ENCOR Public Education & Information

* * * * *

PARENTS! Reserve April 18th on your calendars. Keep watching the GOARC Gazette for more information.

TRAINING OPPORTUNITIES AT ENCOR

Once a month, ENCOR provides an orientation session for new ENCOR staff members. ENCOR has indicated that they would like to make all of their staff training sessions available to parents and other interested persons. The orientation session lasts 2½ days. In addition to the general ENCOR orientation sessions, ENCOR also offers other on-going training opportunities in normalization, behavioral analysis, and precision teaching. If you would be interested in attending any of these sessions, please contact Sandi Ross, Director of Staff Training at 444-6415 for the location of the Training session.

The list below gives the times for orientation and other sessions for the next three months. Also, an outline of the content of the orientation sessions follows.

General ENCOR Orientation - February 14-16, March 14-16, April 18-20, May 16-18

Normalization and PASS - March 2, April 6, May 4, June 8 - 8:00 to 5:00

Behavioral Analysis - March 8, April 12, May 24, June 21 - 8:00 to 5:00

Precision Teaching - March 31, April 28, June 2, June 30 - 8:00 to 5:00

ENCOR ORIENTATION

Day 1:

- 8:30 - 9:00 Topic: Introduction
Purpose: To discuss orientation packet and how to utilize materials, including purpose statements which will serve as a guide for successful completion of competency probes and evaluations, and an overview of Staff Development.
- 9:00 - 10:00 Topic: Overview of ENHSA
Purpose: To provide an overview of ENHSA's development (tying together the three offices); an overview of ENOA (Eastern Nebraska Office on Aging) and ENCOMH (Eastern Nebraska Community Office of Mental Health) services; an overview of ENCOR (Eastern Nebraska Community Office of Retardation) conception, the Office Directors' current roles and funding sources.
- 10:00 - 10:10 Break
- 10:10 - 11:10 Topic: Overview of ENCOR
Purpose: To provide an overview of the four divisions in ENCOR and how these divisions work together to promote client growth and movement through the concept of normalization and the least restrictive alternatives.
- 11:10 - 11:40 Topic: Transdisciplinary Team
Purpose: To become aware of the Transdisciplinary Team's roles and functions within ENCOR and its practicing procedures.
- 11:40 - 12:10 Topic: "In the Middle of Things"
Purpose: To view the residential concept. Why residential services are offered and the broad spectrum of available alternative residential settings.

TRAINING OPPORTUNITIES AT ENCOR (cont'd.)

12:10 - 1:30 Lunch

1:30 - 1:40 Topic: "Why Be Friends"
Purpose: To view the early education program (CEEP). A close look at integrated pre-school. Reactions of children and teachers.

1:40 - 2:00 Topic: Work Stations in Industry
Purpose: To view the vocational concept. The available vocational settings and a broad spectrum of alternatives in vocational settings.

2:00 - 2:10 Break

2:10 - 3:10 Topic: History and Perceptions of Deviancy, Specifically Mental Retardation
Purpose: To become aware of the historical approaches towards deviant to be used in comparison with the normalization principle.

3:10 - 3:20 Break

3:20 - 4:20 Topic: Normalization
Purpose: To become aware of the Normalization Principle and how ENCOR implements normalization in providing services to clients. To become aware of the advantages of a normalized setting in fulfilling the developmental model; and to become aware of the concept of the least restrictive alternative.

4:20 - 4:40 Topic: GOARC
Purpose: To become aware of GOARC, its relationship to ENCOR and its major functions.

Day 2

9:00 - 9:20 Topic: An overview of the Office of Planning and Evaluation
Purpose: To become aware of the major functions and purpose of the Office of Planning and Evaluation.

9:20 - 10:05 Topic: Individual Program Plan
Purpose: To become aware of the purpose of the IPP and components therein; to become aware of the intra-agency team approach to program planning (supporting client participation).

10:05 - 10:15 Break

10:15 - 11:15 Topic: Task Analysis
Purpose: To be able to break down a task into its most basic components in order to facilitate the teaching of complex tasks.

TRAINING OPPORTUNITIES AT ENCOR (cont'd.)

- 11:15 - 12:15 Topic: Behavior Management
Purpose: To become aware of behaviors resulting from environmental factors and how to effect behavioral change through change in environment; an introduction to behavior management techniques.
- 12:15 - 1:30 Lunch
- 1:30 - 1:50 Topic: An overview of the Office of Public Education & Information
Purpose: To become aware of how the Office of Public Education and Information disseminates information internally and externally in order to build a positive public image.
- 1:50 - 2:00 Break
- 2:00 - 3:30 Topic: Basic Human and Legal Rights
Purpose: To become aware of the basic human and legal rights of mentally retarded persons and how to support these rights; to become aware of our responsibility in insuring the confidentiality of clients' lives; to become aware of the role of the Ombudsperson.
- 3:30 - 3:45 Break
- 3:45 - 4:15 Topic: Aversive Consequences Policies and Procedures
Purpose: To become aware of aversive consequences policies.
- 4:15 Evaluations
- Day 3
- 9:00 - 9:30 Topic: Causes and Prevention
Purpose: To become aware of the causes and prevention of mental retardation.
- 9:30 - 10:30 Topic: Medication Procedures
Purpose: To become aware of staff responsibilities in administering and documenting medications.
- 10:30 - 10:40 Break
- 10:40 - 12:15 Topic: First Aid
Purpose: To become aware of how to manage common emergencies.

PILOT PARENT NEWS

Pilot Parent Slide Presentation

We are happy to announce that the Pilot Parent Slide Presentation called, "Growing Together" has been completed and is ready for view by all GOARC members. This slide tape has been in the "works" for quite some time. As many of you may remember, last year when there was a burglary at GOARC, the original slides were stolen. Since then we have been busy replacing the slides and finishing the tape. The slide presentation will be seen at the next GOARC meeting.

Robert Coleman, photographer and writer for Dr. Frank Menolascino, has been the person whose dedicated interest, expertise, and work have brought forth this fine presentation. Robert photographed, wrote, edited, and taped the entire project. Although he was remunerated for his work - a great deal of Robert's time and energy was volunteered to the Pilot Parent Program.

Janie Grimm worked with Robert Coleman for quite some time to put together the script for the slide presentation. Then Janie, since it is the story of her and her family, narrates the story in the slide presentation. Janie's crisp and delightful way of telling the story adds much to "Growing Together".

It is with grateful hearts that we in the Pilot Parent Program say "Thank you" to both Robert and Janie for a job well done! Also, we would like to thank all those lovely people who were so generous in allowing us to use their pictures.



Janie Grimm, Pilot Parent

PILOT PARENT TRAINING
March 7 - April 11

GOARC Office
140 South 40th Street
7:30 P.M.
Monday evenings

MARCH 7 Dr. Frank Menolascino, Clinical Director of Social and Preventive Psychiatry for Nebraska Psychiatric Institute

"Cry Sorrow, Cry Hope" - Dr. Menolascino discusses how and why the Pilot Parent is necessary and how to be the most effective.

MARCH 14 Fran Porter, Co-Founder; Shirley Dean, Co-Founder; Patty Smith, Coordinator; and Pilot Parents.

Slide presentation and orientation with overview of Program. Sharing experiences of the Pilot Parents.

MARCH 21 Ron and Kathleen Sorensen, President of Operation Comfort

Operation Comfort - living with life-threatening problems of your child.

Thomas Miller, Executive Director - GOARC

"Normalization" - A philosophy for all handicapping conditions.

MARCH 28 REGULAR PILOT PARENT MONTHLY MEETING

Helen Bean - Information and Referral, Nebraska Epilepsy League

Kim Noakes, Outreach Worker, Cerebral Palsy

Duane Kliewer, RPT, MS, Physical Therapy Department-MCRI

Mary Jo Williams, Director of Care and Treatment - Easter Seal Society

Movie - "I See You As A Person".

APRIL 4 Jim Burger, Instructor of Psychiatry and Pediatrics - MCRI

Enhancing your child's self image -- how have parents helped.

Ginny Friend, Program Chairperson - National Society for Autistic Citizens

Autism - an overview

APRIL 11 Bruce Kai, Deputy Director - ENCOR

Jane Sherratt, Nurse Specialist - VNA

Dr. Cordelia Robinson, Director of the Infant Program - MCRI

Service Providers Panel

GREATER OMAHA YOUTH ASSOCIATION

What would you have thought if, as a high school senior, you were offered the chance to get full school credit without going to class or doing homework? A pretty good deal, right? That's what I thought when I was asked to participate in Westside High school's "Executive Intern Program." The intern chooses the field they want to work in, and the school has the responsibility of finding a sponsor for the student. Because of my interest in mental retardation, I have been placed in the Planning Office of ENCOR. My sponsor is Lois Rood. I've been overwhelmed by everything I've learned about mental retardation and the agency. Besides all the reading material, there is a huge amount to be learned from the staff themselves. I am finally getting to meet and see all the people and programs that I have heard about through GOYARC and GOARC.

If you weren't at St. Timothy's Church January 29th, you really missed a fantastic event. That was the time of the GOYARC Ethnic Pot-Luck Dinner. There was fantastic food, polka dancing, a game of limbo and even a fire show! Another recent event was a bowling activity on February 13th. Over 30 people met for an afternoon of bowling and pizza.

Last, but not least, it's almost time for the annual spring retreat! The theme this year is "Paying the Price to Make Dreams Come True". It's going to be bigger and better than ever this year, so be sure to come. The date is March 4 and 5 at St. Timothy's Church. Besides a bunch of fantastic speakers, we'll have a gong show, a "midnight special" and of course the traditional game of concentration. Who will be the victors this year? Sound pretty good? Don't miss it!

Heidi Davies

Heidi Davies
Publications Chairperson

* * * * *

BABYSITTERS

Parents of handicapped children may find it easier to plan an evening away from home because of an educational program at MCRI. The goal of the completed pilot project was to create a pool of baby-sitters for handicapped children through a 10-week training program for 12 participants, said Ben Cacioppo, program coordinator. In addition to 20 hours of classroom instruction, trainees received direct experience in working with handicapped children at the institute and the children's homes, he said. A list of baby-sitters is now available and can be obtained by calling Cacioppo at 541-4954, or writing the institute at 444 South 44th Street, Omaha, NE., 68131. (Taken from Special News for Special Parents and Special Educators, The University of Nebraska at Omaha, Vol. 2, No. 5).

MCRI SURVEY

Dr. Jack Stark, Director of Family Rehabilitation at the Meyer Children's Rehabilitation Institute, has announced a new survey. Questionnaires will be mailed to parents of children seen at Nebraska Psychiatric Institute's Mental Retardation Unit between 1958 and 1964. This group was chosen because they have substantially matured, but also because detailed neurological testing data is on record for each potential member.

The purposes of the study are to obtain a present description of the target group for long term follow-up and to obtain insights on child-rearing practices. Results obtained from the questionnaires will be tabulated and then subjected to computer analysis. Members of NebARC and GOARC will find available at their association offices abstracts dealing with any significant results. It is intended that the product of this study will have some long lasting benefits to families.

The group will be kept under observation for as long a time as funds are available. A similar group originated by Dr. W.R. Baller in Lincoln, in 1936, will be reviewed again this summer. Survivors of Dr. Baller's group average approximately 68 years of age.

Major differences between the Baller group and the suggested current population are: 1) existence of extensive neurological studies of the current membership, and 2) the comparative youth of the newer group (average age 19.)

Questionnaires will be mailed starting in about two weeks. Instructions will be enclosed. Cooperation with this effort could be of value to the local retarded citizens, with possible implications on a wider scale.

Should you have any question concerning this study, or if you wish advice or help in answering the questionnaire, call or write:

Dr. Jack Stark or
Michael Millea, Intern
Phone: 541-7606
Address: 444 South 44th Street
Omaha, NE., 68131

* * * * *

Iowa-Nebraska Facilitator Plans Two Additional Training Programs: To date, Glenn Clarkson, the State Facilitator, has sponsored six training programs an equal number of awareness sessions. However, due to continued interest in physical education for the handicapped, he has scheduled two additional sessions. The programs will be held in Davenport, Iowa on March 14-16, 1977 and Alliance, Nebraska on March 17-19, 1977. For detailed information contact: Mr. Glenn Clarkson, Riverview Elementary School, 2407 Chandler Road, Bellevue, NE 68005, 402-733-5215.

New NARC Life Insurance Plan To Cover Retarded Citizens

NARC members and their dependents may soon enroll in a new life insurance plan specifically designed to cover the mentally retarded.

The NARC Insurance Committee has approved the Security Plan, offered by the Insurance Company of North America. The committee believes this plan provides retarded citizens a sound program at a very favorable cost. A limited open enrollment is scheduled to be held after the beginning of the new year.

All members and dependents of members age 2 through 39 are eligible for the Security Plan. An application form and details of the plan are scheduled to be sent to all members during the open enrollment period.

The Insurance Committee began its search for this type of plan after the NARC Protection Plan (a life insurance plan to cover parents) was redesigned two years ago. Members were pleased with the new Protection Plan and requested a specific plan that would also cover retarded citizens.

Progress was slow, however, because the committee found companies within the insurance industry hesitant to write a policy of this nature. This reluctance was primarily due to the industry's inexperience with and lack of understanding about the risk involved.

In the interim, the Insurance Company of North America had been testing the Security Plan within the New Jersey ARC. It had been enthusiastically received by state members and INA had been able to determine that the risk was acceptable from their standpoint. INA then agreed to offer the plan to the entire national membership outside New Jersey.

The group purchasing power of the national membership has enabled the Insurance Committee to negotiate extremely reasonable rates.

Under the Security Plan, retarded citizens may be insured up to \$5,000, based on age. The benefit amount will be paid in the event of death.

Members who have additional questions after receiving the enrollment letter can contact the administrator, Plan Services. Write to: NARC Security Plan, P.O. Box 18384, Tampa, Florida 33679. Or call these toll free numbers and ask for Pat: in Florida 1-800-282-0597, other states 1-800-237-7772.

* * * * *

ESU #14: A large stuffed bear, especially designed and manufactured by the Bell Telephone Pioneers for academic training of multi-handicapped deaf retarded children, was contributed by the organization to special education programs of the ESU #14. The toy will be used in the unit's level I and III speech, language and hearing program. For more information, contact your local Bell Telephone Pioneers organization.

SHORT TAKES...

School News - OPS will hold their next meeting of the staff of the Visually Impaired Program and Parents of the Visually Impaired Children on March 2nd at 3819 Jones in the relocateable at rear of building. If you have any questions, call Mary Anne Karstens at 556-9995.

Clipped Wings - United Airlines Stewardess Alumnae, Inc., is a national non-profit organization dedicated to the support of their national charity, the mentally retarded. The Omaha chapter of Clipped Wings supports the Madonna School. The Omaha chapter will sponsor their second annual benefit night at the Fire House Dinner Theater, March 22nd. Tickets are \$15 per person. This includes a dinner buffet beginning at 6:30 P.M. followed by the play at 8 P.M. Mary Jane Mueller will be starring in "The Apple Tree", which consists of three one-act musicals. We were proud to present the Madonna School with a check for \$1,000 last year and with your support, we hope to be able to do the same this year. Tickets are available by calling Mrs. Lionel Hemmingsen at 397-7122 or Mrs. Raymond Ziebarth at 391-1907.

Nebraska Council for Children with Behavior Disorders - The purpose of NCCBD as defined by their constitution is as follows: 1) to support the development of adequate services for children with behavior disorders; 2) to establish communication between local, state and university programs for children with behavior disorders; 3) to promote adequate programs for teacher recruitment, training and certification; 4) to promote educational research; 5) to support favorable legislation; and 6) to stimulate the exchange of ideas between professionals concerned with the problems of these children through publications, seminars and the annual convention. To implement these goals and objectives for 1975-1976, they hosted "Cracker-barrell Sessions" for exchange of ideas and shared ideas with the planning committee for the CEC Convention. This year's goals include expansion of last year's goals plus a third goal of publishing a newsletter three times a year. You are asked to obtain membership to the newsletter and to submit any articles, research or other related information to: Gerri Hallgren, Editor, Columbian Elementary School, 330 So. 127 St., Omaha, NE., For general information write: NCCBD, P.O. Box 14213 West Omaha Station, Omaha, NE., 68124.

The Mideast Nebraska Chapter of the Council for Exceptional Children - will hold its next meeting Wednesday, March 9 at 7:30 P.N. in Wahoo, Nebraska. We will tour the special education facilities of Wahoo Public Schools. For more information contact Wanda Essex, 402-721-2116 in Fremont.

The 55th Annual CEC Convention will be held on April 12-15, 1977, in Atlanta, Georgia. Deadline for registration is March 1, 1977. All fees received after this date will be returned to sender. Fees for registration are as follows: CEC Regular Member (\$15); CEC Student Member (\$4.50); Regular non-CEC Member (\$25); and Student non-CEC Member (\$9). Application forms are available in the November, 1976 issue of Exceptional Children or by writing: Conventions Unite, The Council for Exceptional Children, 1920 Association Drive, Reston, Virginia.

North Central Regional Conference

In last month's Gazette, the 1977 NARC North Central Regional Conference schedule was printed. Since the Conference this year will be held March 17-19 in Lincoln, close to Omaha, distance should not present a problem. At the Conference there will be ARC members from a ten state area. If you are interested in attending the Conference but need additional forms, please call the GOARC office. It will be well worth your time to attend this Conference which in years past has been in other states.

* * * * *

Bored? Become a Board Member!

At GOARC's General Membership Meeting on January 27, 1977, the final members of the 1977 Nominating Committee were chosen. They were Ruth Kniefkamp, Bill Montooth, and Raymond Loomis. These three persons join Judy McGuire, Eddie Felix, Barb Jessing, and Dianna Waggoner who were appointed by GOARC's Board to be on the Nominating Committee. The Committee's purpose is to find individuals who are interested in accepting the challenge to become board members and to get involved in directing GOARC. Board members meet for one board meeting a month and also are involved with another committee. If you are interested in becoming a member of GOARC's Board or if you know of someone who would like to be on the Board, please call the GOARC office at 551-9450. Someone from the Nominating Committee will be getting in touch with you.

* * * * *

PHYSICIANS PACKETS ARE ON THE GO AGAIN.....

The first week in January the Pilot Parent Program sent out 213 invitations to physicians who work with the handicapped people in our community offering them a postcard to receive a physician's packet. These packets of information contain some twenty-one brochures. The brochures and information booklets cover the following areas: service providers, autism, epilepsy, cerebral palsy, mental retardation. Also, there is an offering of additional packets and publication lists to the physicians.

To date, fifty packets have been sent out. This is a tremendously rapid response on the part of our physicians to gain this up-dated knowledge. It is reassuring to realize so many physicians are anxious to have the latest pamphlets and brochures available for their people when they are needed.

This is the latest effort of the Pilot Parents in the education of the medical community. It is only one of the many ways in which we hope to continue informing physicians, nurses, and any of the helping professions to be aware of these needs.

awards · awards · awards · awards

goarc

awards nominations

- Please make your nominations for the award categories below.
- A few brief remarks about your candidate(s) would be appreciated. Use the back side of this form if necessary.
- Nomination deadline is March 17th.
- Awards will be presented at the GOARC General Membership Meeting, May 5, 1977.

AWARDS:

Organization of the Year _____
(an organization which has been helpful in any way to retarded citizens)

Employer of the Year _____
(someone who employs retarded citizens)

Outstanding Progress - Adult _____

Outstanding Progress - Youth _____

Distinguished Service Award _____

Volunteer of the Year _____

Parents of the Year _____

Advocate of the Year _____

Outstanding GOYARC Member _____

Employee of the Year _____
(someone who works for an organization providing services for retarded citizens)

Pilot Parent of the Year _____

Teacher of the Year _____

Citizen of the Year _____

REMARKS:

Signature

Phone number

Please mail or phone by March 17th to: The Greater Omaha Association for Retarded
Citizens
140 South 40th Street
Omaha, NE., 68131 (551-9450)

awards · awards · awards · awards

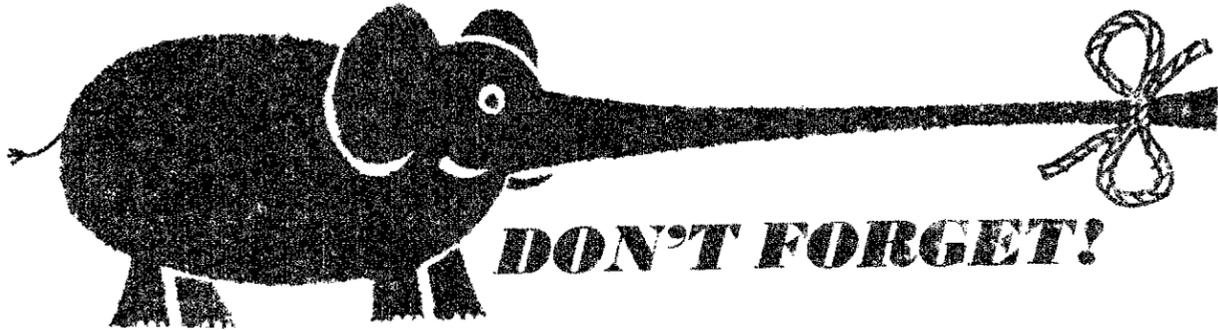
C A L E N D A R

MARCH

- 7 Epilepsy Council of Omaha (ECO) planning meeting, MCRI, 42nd & Dewey Ave., 7:00 P.M.
- Pilot Parent Training, Dr. Frank Menolascino, Guest Speaker, 7:30 P.M. at the GOARC office.
- 8 Nominating Committee meeting, 7:30 P.M., 1731 Hillside.
- 14 Pilot Parent Training, orientation and overview of program, 7:30 P.M. at the GOARC office.
- 15 GOARC Board of Director's meeting, GOARC office, 7:30 P.M.
- 17 - 19 NARC North Central Regional Conference, Lincoln, NE
- 21 Pilot Parent Training, presentations on "Normalization" with Tom Miller and "Operation Comfort" with Ron and Kathy Sorensen, 7:30 P.M. at the GOARC office.
- 28 Pilot Parent Training and Pilot Parent Regular Monthly Meeting, at 7:30 P.M. at the GOARC office. Movie, "I See You As A Person" will be shown.

APRIL

- 4 Pilot Parent Training, Jim Burger from MCRI will make a presentation on enhancing your child's self image -- how have parents helped? Ginny Friend will give an overview of autism, at 7:30 P.M. at the GOARC office.
- 5 Executive Committee Meeting, GOARC office, 7:30 P.M.
- 11 Pilot Parent Training, Service Providers Panel; Bruce Kai, Deputy Director of ENCOR, Jane Sherratt of VNA, and Dr. Cordelia Robinson, of MCRI, 7:30 P.M., GOARC office.
- 16 GOARC Cut-A-Thon, Basuphigi's, Old Mill Shopping Center.
- 18 Evidentiary Hearing on Horacek vs. Exon, U.S. District Court, Federal Building, 215 N. 17th, 9:00 A.M.
- 19 GOARC Board of Director's meeting, 7:30 P.M., GOARC office.



DON'T FORGET!

Send Your MEMBERSHIP In ...

TODAY



A United Way Agency

Mr. Skylesy Deen
MEMBER
823 S 72nd St.
Omaha, NE 68114

NON-PROFIT ORG.
U.S. POSTAGE
PAID
OMAHA, NEBRASKA
PERMIT NO. 109

**SOME COMMON SOURCES OF
LEAD POISONING**

Eating paint on playground equipment,
doors, toys, furniture, window sills and
walls.

Eating and drinking from some glazed
items.

Chewing colored ink paper, magazines,
even newsprint.

Breathing fumes from leaded gasoline.

* Children between the ages of 6 months
and 6 years are at a greater risk to have
lead poisoning.

For free lead screening test, contact:

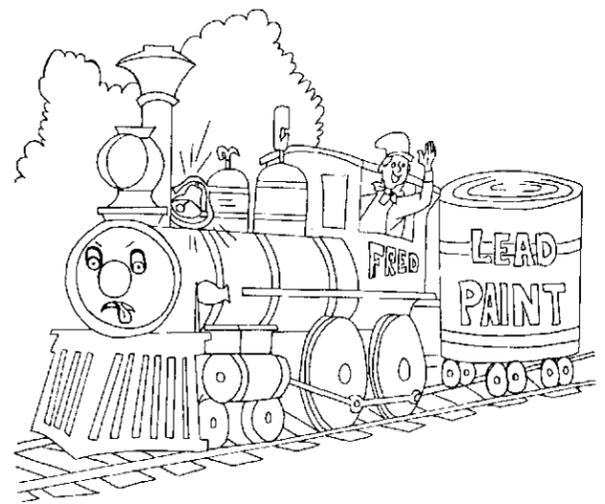
Childhood Lead Poisoning Prevention
Omaha-Douglas County Health Dept.
3939 Leavenworth Street
Omaha, Nebraska 68105

Or Call:
444-7825

**FRED the LEAD
LOCOMOTIVE**

says:

SAVE YOUR CHILD



Lead Poisoning is a preventable
childhood disease. Let's ride lead
poisoning out of our town.

Childhood Lead Poisoning Prevention
Omaha-Douglas County Health Department
3939 Leavenworth Street
Omaha, Nebraska 68105
444-7825

**DO YOU KNOW ABOUT
THE QUIET CRIPPLER THAT'S
STALKING OUR COMMUNITY?**

Lead poisoning is a quiet crippler in our community causing blindness, mental retardation, paralysis, and even death.

Lead screening tests will detect lead building up in your child's body. Severe lead poisoning can be prevented and YOU can help. See that your child gets free testing for lead poisoning TODAY.

**DON'T WAIT UNTIL THE DAMAGE IS
DONE!!**

HERE ARE SYMPTOMS TO LOOK FOR:

1. Is your child cranky?
2. Does your child have frequent headaches?
3. Does your child have stomach aches?
4. Does he vomit frequently?
5. Does he have poor appetite?
6. Is he often drowsy or too tired to play?

BEWARE: Your child may be suffering from lead poisoning and shows no symptoms!

**DOES YOUR CHILD
EAT PAINT CHIPS
OR OTHER NON-FOOD ITEMS?**

**DOES YOUR CHILD
HAVE A HABIT
OF PLACING ITEMS
IN HIS MOUTH?**



THEY MAY BE EATING LEAD

**DEAR MOM
& DAD**

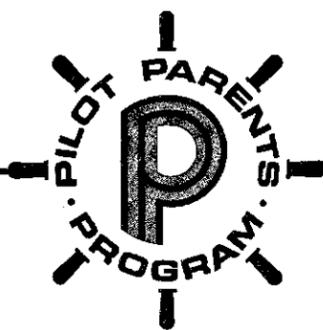
**LEAD POISONING IS
A VERY SERIOUS
SICKNESS**

It can damage
your child's brain—and some-
times cause death.

GOARC GAZETTE



The BAUER'S
Providing a Fair Wind for



APRIL 1977

TABLE OF CONTENTS

SUPPORT NEEDED FOR SERVICES/FROM THE PRESIDENT.....	1
GOARC AWARDS NIGHT/ERIN GO OMAHA!.....	2
SPOTLIGHT ON.....	3
SHORT TAKES.....	5
ENHSA/ENCOR NEWS.....	6
ENCOR--A YEAR LATER.....	7
PILOT PARENT NEWS.....	11
NEBRASKA CHILDFIND.....	13
LAST BUT NOT LEAST.....	14

GOARC Executive Committee: John Clark, President; Ed Skarnulis, First Vice-President; George Armstrong, 2nd Vice-President; Jan Novicki, Recording Secretary; Barb Jessing, Corresponding Secretary; Pat Jung, Treasurer.

GOARC Staff: Tom Miller, Executive Director; Amy Humphries, Administrative Assistant; Lynne MacDonald, Office Manager; Donna Reh, Secretary; Patty Smith, Coordinator, Pilot Parent Program; Carl Sullivan, Client Ombudsperson; Billie Cook, Coordinator Poverty and Mental Retardation Program; Christine Smith, Legal Advocate.

Editor: Cathie Campbell

GOARC is a non-profit organization whose purpose is to provide a strong volunteer support organization for all mentally retarded citizens and their families by advocating for the rights, needs, and full development of these citizens of Douglas and Sarpy Counties. Annual Membership: \$9.50.



A United Way Member Agency

Greater Omaha Association for Retarded Citizens
140 South 40 St., Omaha, NE. Ph: 551-9450

SUPPORT NEEDED FOR SERVICES

For the last 1½ years services offered by ENCOR have been reduced due to budget cuts. These cuts have meant that some services were not offered or were offered on a reduced scale such as crisis assistance services and recreation services.

Recently the Nebraska Association for Retarded Citizens' Legislative Action Committee prepared a proposal for the Legislature's Appropriations Committee asking for more monies for community-based services. Within this proposal is a request of \$350,000 for additional ENCOR services: \$100,000 is for advisors so that ENCOR can meet accreditation standards; \$100,000 is for crisis assistance services which prevent institutionalization by providing short term residential relief; the additional \$150,000 is for residential services for emergency situations.

Over the last year I have received numerous calls from parents about their needs for ENCOR programs which are not available. Many parents have felt that ENCOR has not been responsive to their children's needs. This is an especially true feeling among those parents who have kept their children at home and have not relied on full-time ENCOR programs.

In order to get the extra appropriations passed for needed ENCOR services, we will need your support. You have told us that you need the programs, now you can help us get the monies for those programs by writing your Senator and asking him to support the increased appropriations for community-based services. Without your support, it is likely that these monies will not be given which will mean an additional delay of needed programs.

Thomas Miller
Executive Director

* * * * *

FROM THE PRESIDENT..

I want to announce the establishment of a President's Advisory Committee. If anyone has any recommendations to suggest please advise me in writing or by calling the GOARC Office.

The purpose of the Committee will be for long-range planning and for short-term crisis advice on major issues. This advice will be solicited by mail from time to time or by phone.

The Committee will meet once a year and membership will be perpetual unless cancelled by one of the parties.

Initially only people who have distinguished themselves as a volunteer over and above the call of duty will be asked to serve. Eventually the Committee would be expanded to include other segments of the community and this will be the prerogative of the next President of GOARC.

I wish to stress that people will be asked to serve solely for their valued advice and guidance, not for any money considerations. Advisory members will be kept informed of Board activities throughout the year in addition to the routine mailings as for other GOARC members. The names of the Advisory Committee members will be used in publications or educational materials only with the permission of the Advisory members. No current Executive Committee or Board Member will be eligible.

Once again, if you feel you know of someone who qualifies because they have proven their loyalty and dedication to our movement, please respond soon.

John Clark, President

GOARC AWARDS NIGHT

May 5, 1977

DON'T MISS GOARC'S ANNUAL AWARDS PRESENTATION AT THE MAY 5TH GENERAL MEMBERSHIP MEETING. AWARDS WILL BE GIVEN TO INDIVIDUALS, BUSINESSES AND ORGANIZATIONS WHOSE CONTRIBUTIONS OR GROWTH HAVE BEEN OUTSTANDING. JOIN THE FUN!

THURSDAY, MAY 5TH
FIRST FEDERAL LINCOLN COMMUNITY ROOM
2101 SOUTH 42ND STREET
7:00 P.M. - 7:30 P.M. REFRESHMENTS
7:30 P.M. AWARDS CEREMONY

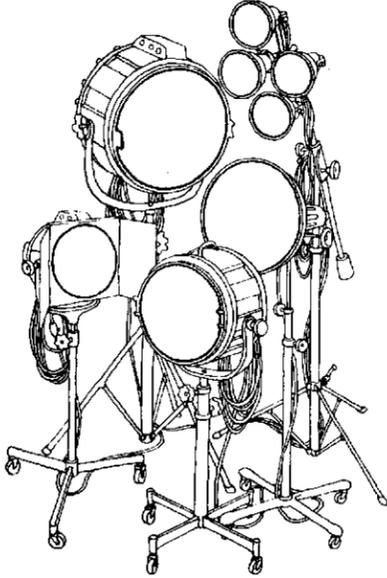
ERIN GO OMAHA!

Do you have an urge to visit or learn about Ireland? Would you like to exchange houses with an Irish family for a month? If this sounds interesting, read on.

Pat O'Laughlin, formerly an employee of ENCOR, is now the Director of Social Services of a community-based agency in Dublin, Ireland. Pat has an employee who is interested in visiting Omaha during the month of September in order to complete an internship in the Guidance Department at ENCOR. This man, Allister Graham, is 28 or 29 years old, and has an undergraduate degree from Oxford and a post-graduate degree from the University of Dublin. His expertise is in psychotherapy, counseling and group work.

Mr. Graham will be paying his own expenses to come here, and will bring his wife and three small children with him. He will be on his holiday, which will extend through the month of October. During October, he will visit other parts of the United States and Canada. Pat hopes that someone in Omaha would be interested in providing lodging for Mr. Graham and his family during September. Ideally, an exchange could be arranged with someone from Omaha who would be visiting Dublin for that month.

For further information, contact Bonnie Shoultz at 444-6571.



SPOTLIGHT ON.....

When Sherry Bauer says her family "comes first" she really means it. I didn't get the impression that this perky, petite blond is chained to her kitchen sink, but a family as healthy and active as the six Bauers doesn't just happen. Somebody has to work at it. Dick and Sherry Bauer believe a family should be a team of mutually supportive individuals - one in which parents and children take turns being first, last, or in the middle. This philosophy paid off recently when Sherry, with the encouragement of her family, especially her husband, flew to Wichita, Kansas, for a two-day conference on mental retardation.

"A few tears fell when I took off; they said they would miss me but they were proud I was going." Despite the lateness of the hour, they all met "Mom" at the airport to welcome her home.

The birth of their third child, Dan, a Down's Syndrome baby, brought trauma for which neither parent was prepared. The first 18 months were frustrating and even worse no one seemed to understand. Then Sherry met Rose Meile, the mother of another Down's Syndrome child. "It seemed as if a weight had been lifted from my shoulders. She was coping. She gave us hope."

By the time the Pilot Parent idea was being considered, the Bauers were already working in GOARC. Sherry participated in the original planning group and continues to work on the Steering Committee because she "likes to know what's brewing". Remembering how it was before they found help, both Bauers get tremendous satisfaction in sharing their feelings and knowledge with parents of newly identified handicapped children.

Despite the hours they spend working for the mentally retarded, they haven't allowed themselves to be boxed in. Other interests like camping keep the entire family busy. Because their children didn't like to camp unless other families with children were involved, Dick spent his spare time building a camper. During the off-season, their camping club meets for family pot-lucks and fun.

Dick and Sherry agree "parents should have a life of their own." The two of them take time to go out to eat just "to talk things over." With a 13-year old at home, they can now dispense with a baby-sitter.

Concern for their own spiritual and personal growth led them to commit themselves to 18 sessions of Genesis II, a discussion group composed of 12 to 14 persons. The program, led by a priest or a trained leader, focusses on helping individuals learn more about themselves and how to improve their ability to

The BAUERS (continued)...

communicate with others and God. They deliberately chose a group promising the greatest variety in age, background, etc., because they felt differing viewpoints would be most stimulating. They are not a couple who likes to be stereotyped. Being the only parents of a handicapped child, they find opportunities to help the others understand what this means to a family.

Dick designs hydraulic pumps and motors for Williams Machine and Tool Company. Off hours, he likes to tinker with radios, refinish furniture, read up on technical subjects, and currently he is finishing their recreation room.

Although Sherry is happy as a homemaker, she anticipates a time when those duties will diminish and she may want a career. It may be something glamorous like fashion, interior decorating, or photography. On the other hand her serious interest in mental retardation may tempt her into training to work professionally in that already familiar field. She loves to read, particularly biography and history.

She described their children as "four very definite individuals." The boys are interested in sports which requires a lot of chauffeuring. However, she thinks it pays off by providing a good outlet for their excess energy.

Pat, 12, loves to cook and took over while his mother was away. Chris, 13, has a comforting way of seeing what needs to be done and doing it. Dan, almost 11, is a "neat personality". He is becoming more aware of what he can and can't do which presents an increasing challenge. Sherry is confident that Dick's approach of taking "one day at a time" will get them through.

With three big brothers to protect and sometimes tease her, Melissa, 7, is their "little princess." She loves to play kickball and calls herself a "Tom Girl". Being a realist, she insists that the hand embroidered flowers on the first communion dress her mother is making "must have stems."

Reflecting on what the experience of parenting a handicapped child has taught them, Sherry says, "It's helped us grow in knowledge and values. We've also made some wonderful friends, especially in Pilot Parents." On the whole, she regards Dan as a blessing. "It's really worth the effort when you see him blooming."

Although she didn't add out loud, "We have a great family," I could sense this thought was also in her mind. She did say, "some people think we're too busy but we like it that way."

Article by
Alice Blackstone

SHORT TAKES...

Nebraska Foundation for the Visually Handicapped: The NFVH serves the metropolitan area of Omaha. Its purposes are to inform and educate the community as to the needs of the visually handicapped adults and children and to act as a liaison between the various groups in the area that are involved in aiding the visually handicapped. The NFVH promotes education and employment opportunities for the visually handicapped; gives financial aid for teachers in special education for the visually handicapped; acts as a central agency for information about the visually handicapped and is available to the visually handicapped for their personal needs and counseling. For more information call 556-4747.

WORKSHOPS AND SEMINARS

A European Special Education Traveling Seminar: is planned for July 30-August 20, 1977, under the direction of Dr. Aaron Armfield, UNO Special Education. The seminar will include attendance at the Third International Conference of the European Association on Special Education, Berne, Switzerland, August 1-5, and the Second International Colloquium on School Psychology, Helsingor, Denmark, August 14-19. Between meetings there will be a weekend in the Swiss Alps and visits to special education facilities in Oslo and Stockholm. For information on the tour and/or the meetings, please contact Dr. Armfield, Special Education Department, UNO, Box 688 DTS, Omaha, NE., 554-2201.

STAAR Council: On Saturday, April 16, 1977, the Greater Omaha Chapter of Nebraska Association for Children with Learning Disabilities will sponsor a half-day seminar on Home School Management as it pertains to learning disabled students from the point of view of: 9:00 AM - administrator: Dr. Hal Terry, Principal of Mission Junior High, Bellevue Public Schools; 10:15 AM - Leon Dappen, Psychologist, Papillion Schools, and Paul Limas, Community Coordinator, LaVista and Papillion Schools; 11:30 AM - Harriet Taylor, Learning Disabilities Consultant, Bellevue Public Schools, and Judy Raneri, Learning Disabilities teacher, Omaha Public Schools. Seminar will be held at ESU #3 building located at 4224 South 133rd Street, (directly west of Metropolitan Technical Community College). There will be no charge. STAAR Council is offering this seminar as a community service to anyone interested in children, be they parent, teacher, administrator, counselor, school board member, doctor, etc. Everyone is welcome to attend this seminar. For further information call Virginia Brown, STAAR President, 571-5503 (this seminar will be in lieu of our regular April meeting).

Nebraska State Department of Education: will sponsor Awareness Conferences on April 21 and 22. The conferences, held in Des Moines, Iowa at the Hyatt House (across from airport) on April 21 and in Lincoln, Nebraska at the Nebraska Center for Continuing Education, 33rd and Holdrege, on April 22nd, will allow educators to view nine of the State and/or nationally Validated Projects in the Special Education areas. The format will consist of a 15 minute overview of each project in the morning and two 1½ hour more indepth sessions for each project in the afternoon. There will be no registration fee. Projects included in these conferences are: The Portage Project: Home Approach to Early Education of Handicapped Children, Portage, WI; Northwest Special Education (NWSE), Fargo, ND; Early Prevention of School Failure Project, Peotone, IL; Positive Attitude Toward Learning (PATL), Bethalto, IL; Engineered Classroom for Both EMH and Behaviorally Maladjusted, Papillion, NE; a Model Preschool Center for Handicapped Children, Seattle, WA; Precise Early Education of Children with Handicaps (PEECH), Champaign, IL; Precision Teaching Project (SCAJAWEA Plan), Great Falls, MT; and Work Opportunities for Responsible Citizens (WORC), Holdrege, NE. For information contact Glenn Clarkson, 2407 Chandler Rd., Bellevue, NE., 68005, 402-733-5215.

ENHSA/ENCOR NEWS

ENHSA Governing Board Approves New Salaries and Policies: At the February meeting of the Eastern Nebraska Human Services Agency Governing Board, the board approved some residential salary increases and three new agency policies.

Effective March 1, the base salary for home teachers, residential associates and residential assistants will be \$532.00 a month. The new base salary for assistant residential managers is \$644.00 a month.

Residential employees in these job classifications who started at lower rates of pay will get raises in March. All new residential employees in these jobs will start at the same rate of pay, regardless of education or experience.

Residential Director, Barry Lamont, said the new salary scales are part of an on-going salary equalization process in his division, designed to correct pay inequities within the agency.

Personnel - Some Changes & New Faces: From January 10th through February 4th, ENCOR hired 15 Residential Assistants. They are: Christina Baumbach, Paul Bierman, David Cornwell, Michael Crawford, Lynda Drehsen, Edward Huddell, Carol Kuck, Vincent Mallory, Rosalee Neal, Carol Rettedal, Mark Ritzdorf, Christine Robinson, Estela Stone, Juanda Thompson, and Vernessa Wilson.

Four Residential Associates: Rodney Belgum, Thomas Howeth, Arlene Osterloh, and John Rice, and one Assistant Residential Manager, Asalma Tait, were also hired. Three substitute teacher assistants, Judy Bovee, Cindy Deers, and Jack Robertson, one secretary, Elaine Edmunds, and the Educational Division Director, Steve Pew, also joined staff.

Those who have different positions are: Harry Naasz, who has been changed from AGS Advisor to Beatrice Intake Advisor and Billie Dawson from Central Office receptionist to Vocational Division Secretary II.

From February 4th to March 4th, ENCOR hired 9 full-time residential assistants: Randal Byrd, Terry Edwards, Marla Evans, Raymond Hairston, Dale Hughes, Robert Humpal, Karen Merritt, Diane Oppliger, and Allison Willadson, and two part-time Nancee Hill and Delores Ward and four residential associates: James Betts, Pam Lang, Becky Masoner, and Dorothy Trader.

Also hired were two assistant residential managers: Elizabeth Looper and Alvin Stansbury; one home teacher, Jean Larson and one workstation in industry supervisor, Mary Vanfossan.

Mark Stricklett, Director of South ITC, and his wife Sharon, Program Supervisor at Benson ITC, will be leaving for Ventura, California, where he has accepted a position as Regional Coordinator to teach task analysis under Dr. Marc Gold. Bob Salach will become Director of South and Jim Lynch will be temporary Director at Bellevue.

ENCOR--A YEAR LATER

An Update on the Financial Status of ENCOR, and Planning for the Future

A year ago the Eastern Nebraska Community Office of Retardation (ENCOR) was undergoing the most serious financial setback in the agency's history. These budget cuts, that had begun in October, 1975, drastically reduced ENCOR services and staff and threatened the very future of community-based mental retardation services.

- Today the agency is financially stabilizing. ENCOR has been able to restore many of the services which were cut back, and is working to restore more.

After the last severe budget crisis, in March, 1976, ENCOR submitted its 1977-78 fiscal year budget request to the state Office of Mental Retardation. But the new ENCOR management team was not able to really begin planning for the current fiscal year until May.

The new ENCOR management team worked together to evaluate the quality of ENCOR's programs, and to identify the agency's goals, and began to develop objectives to regain the agency stability and service quality that was necessary for clients and staff. A one year plan was put together to accomplish the following goals:

1. To provide a stable financial situation by July, 1977, which would continue services to all current clients and maintain all existing programs.
2. To provide services for preventing all mentally handicapped persons within the communities served by ENCOR from going into institutions.
3. To upgrade the quality of ENCOR services to meet the standards of the state Office of Mental Retardation and the national Accreditation Council for Services for Mentally Retarded and Other Developmentally Delayed Persons.
4. To restore services which were eliminated or drastically reduced in the budget crisis of 1975-76.

--Speech therapy, physical therapy, nursing and psychological services for clients.

--Recreation services for clients.

--Crisis assistance services for parents in the community.

--Resource development services, to find and get additional money for the agency.

--Staff development and training.

--Public education and information services.

5. To provide equitable salaries within the agency and to reinstate raises, mileage reimbursements and educational assistance for staff members.
6. To return 20 individuals from the Beatrice State Developmental Center to their local communities in fiscal year 1976-77, and 48 in fiscal year 1977-78.

As of March, 1977, with three months to go in this fiscal year, ENCOR has not accomplished all of its goals, but we have made significant strides toward each one.

1. The financial situation for all current clients and existing programs has been stabilized and is not threatened for the remainder of this fiscal year, or for the coming fiscal year. Revenue outlined in the governor's budget proposal will be enough to accomplish this goal.
2. An average of four mentally handicapped individuals a month in our five-county area need emergency services in the community to keep them from going into an institution or to remove them from an environment that is threatening their safety or health. ENCOR met the needs of only a few such individuals in 1976. Eight persons from the ENCOR region left their communities to live at the Beatrice State Developmental Center in 1976. The rest continued living at home, some receiving services from other community agencies, some receiving no services. ENCOR estimates that at least \$150,000 more would be needed to meet all of these needs.
3. ENCOR has been evaluated by the state Office of Mental Retardation and by the national accreditation council. ENCOR is on schedule in complying with all state standards except for one--having enough advisors to develop and adequately review individual program plans for all clients receiving ENCOR services. The agency estimates that another \$100,000 is needed to meet this goal in the next fiscal year. ENCOR won't learn whether or not it has received national accreditation until May, but we feel confident that we will come close to, or exceed the very high standards required for national accreditation.
4. Many, but not all, of the services cut have been restored. Plans have been developed to attempt to restore those services still needed.
 - Client support services--physical therapy, speech therapy, occupational therapy, nursing and psychological services--were restored on a limited basis in February for direct service clients (those receiving ENCOR residential, educational and vocational services).
 - The agency is still not providing recreation services for clients, but ENCOR requested additional state money for recreation, and is pursuing grants for these services.
 - To prevent more restrictive and more costly long-term residential placements, occasional respite care or crisis services are necessary to support families and clients for short terms. Although ENCOR's residential division is providing limited crisis services, this is no longer adequate

for community needs. ENCOR has requested additional money for crisis services from the governor and the state legislature's appropriations committee. An estimated \$100,000 additional is needed to provide adequate residential crisis services.

- In January, ENCOR hired a resource development specialist to find additional money for the agency, and to prepare grant applications. Two grants have already been developed, and one has been submitted.
 - Staff development and training services were restored in November. This department has provided at least six days of training to all new ENCOR staff members, and is developing individual training plans for all agency staff members. Staff training has been opened to parents and other interested citizens.
 - ENCOR now has a public education and information officer. The agency has produced a new slide show, published a newsletter, prepared a service directory, and provided for some tours and volunteers. Several positive newspaper articles and television news items have appeared. We are developing an annual report and brochures.
5. ENCOR has reinstated merit raises and mileage reimbursements for staff members. Up to three hours of tuition reimbursement a semester is available to staff members for college classes in areas related to the staff members' jobs. We have not been able to provide cost of living raises since July, 1974, although salaries for some residential staff have been improved.
 6. ENCOR has been able to bring only one person into the community from the Beatrice State Developmental Center so far this fiscal year. Now that the agency is stabilized, we will be able to bring back some more before July, but probably not all 20 that we had hoped.

Where do we go from here? ENCOR has a budget of about \$5.5 million for the fiscal year ending in June, although we don't expect to spend all of that because of delays in hiring some budgeted employees. In addition, a separate appropriation of \$1 million in state money was available to be divided among all mental retardation regions in the state for bringing persons from Beatrice to the communities. This year, because of difficulties in bringing people out of Beatrice, neither ENCOR nor the other regions will use all of this money.

ENCOR proposed a \$6.9 million budget for the fiscal year beginning in July. We estimated that about \$1.2 million would be available in local funds (county contributions, contract income, etc.). We requested that our federal funds (Title XX) remain at the same \$2.5 million level as in the current fiscal year. And we asked for an appropriation of more than \$3.2 million from the state general fund (up \$1.4 million from the current fiscal year). ENCOR believed this budget would allow us to continue services to our present clients, restore all services lost in last year's budget cuts, and expand our services as necessary to provide for clients coming out of institutions.

The governor's budget proposal last month contained only a \$5.85 million total budget for ENCOR. The local fund estimate was the same as ENCOR's estimate.

The federal fund allocation was about \$200,000 less than we asked for. The state appropriation request was about \$2.4 million--nearly \$600,000 more than we got this year, but more than \$800,000 less than we asked for. The governor also proposed a new \$750,000 appropriation for Beatrice deinstitutionalization, and a re-appropriation of up to \$500,000 of the leftover money from this year's appropriation.

The Nebraska Association for Retarded Citizens (NebARC) has prepared a unified state-wide mental retardation budget proposal to be submitted to the legislature's appropriations committee, asking for more money than the governor proposed for community-based mental retardation. For ENCOR, NebARC asked for an additional \$350,000 (\$100,000 for more advisors, \$100,000 for short-term crisis assistance, and \$150,000 for emergency residential services).

Although NebARC's proposal is less than ENCOR estimated as necessary to restore all services, we believe it would provide the resources to make significant strides toward accomplishing our goals. Meanwhile, the agency is attempting to find ways to restore some of our cut services by using surplus funds being generated this year by our slower than expected hiring of replacement employees.

The NebARC proposal also asks the legislature to re-appropriate all of the Beatrice deinstitutionalization money left over from this year, and to increase next year's deinstitutionalization appropriation to \$1.25 million.

Another NebARC proposal relates to money that counties contribute to the state for each county resident who is living in the Beatrice State Developmental Center--\$3 a day. NebARC is asking that, when a person goes from Beatrice into a community mental retardation program, 80 percent of that county contribution shall go to the community program for two years.

As you can see, assuming that our estimate of local revenue for next fiscal year is correct, ENCOR can live with the governor's budget proposal and continue the present level of services. Whether we can restore all our necessary former services, and how much we can expand beyond our present service level, depends on the success of NebARC's additional state appropriation proposal.

--Lois Rood, ENCOR Planning Officer

--Dick Irving, ENCOR Public Education
and Information Officer

* * * * *

NEW ENCOR VOCATIONAL DIRECTOR

Don Moray has been named Director of ENCOR's Vocational Services Division. Before his new appointment, he was Director of Benson Industrial Training Center since 1974. Good luck, Don!

* * * * *

PRESENTATIONS BY MEMBERS OF THE PILOT PARENT PROGRAM

In the last couple of months there have been many presentations by members of the Pilot Parent Program. I hope that I've covered them all.

In November and December, Fran Porter was very busy making presentations for Dr. Mike Nuschy at the University of Nebraska at Omaha (UNO). Later in December, Fran and Tim McGuire made a radio tape for KRCB in Council Bluffs. A little later in the month, December 24th, Patty Smith was able to make a radio tape for WOW Radio. Patty also had a chance to give a talk on sexuality and the handicapped child at one of the ENCOR workshops. In January, Janie and Don Grimm and Lila and Don Schafer gave a presentation to the Foster Club of Omaha, and we hear this went very well. In February, the Pilot Parents were asked to teach a class at the University of Nebraska College of Nursing. This presentation was given by Pat Heeren, Louise Wright, Cheri Dean, and Patty Smith. Again, an excellent job was done. With one day's notice on February 15th, Pat Heeren and Patty Smith were on the Joni Ballion Show and I guess we didn't have time to get nervous that day. It went very well. Later in February we found Tom and Janie Upton, Karen Hoffman from CASS, and Patty Smith making a presentation in the South Central Regional NARC Conference in Wichita, Kansas. This group gave three presentations on Saturday, and just had a beautiful reception from the people at the Regional Conference. Addressing the Challenge Children (Sunny Slope Elementary School) on February 23rd was quite a challenge for Patty Smith. These are the gifted children in one of the Omaha Public School Systems programs that meet each week after school. They were a delightful audience to present the Pilot Parent Program to. February 27th evening found the Grimm's doing their "thing" again to the group of teenagers at the St. James CCD classes. This presentation had just marvelous feedback. The GOARC meeting on March 3rd gave people the opportunity for the first time to view the new slide presentation on the Pilot Parent Program. March 16th Janie Grimm taught more CCD classes in the City of Omaha this time it was at the Mary Our Queen Church.

As you can see we have many people speaking and they are just doing a terrific job!

Article by
Patty Smith, Coordinator
Pilot Parent Program

* * * * *

"A HAPPENING"

There was a happening at the GOARC office on March 14, 1977! If you looked at the schedule for meetings at the GOARC office that week you would not think that there was going to be anything different happening but what happened was very different. This is how it all came to be.

Monday, March 14th, was the regular orientation for our new group of Pilot Parents who are in training. Currently there are 8 households represented for the new Pilot Parent training; along with them are 5 professionals who are auditing the course. On this evening people that wanted to review the Pilot Parent Program and be a witness to our orientation sessions had come from three cities. These were: Joyce Springer, head of the Child Development Center in South Sioux City, Nebraska; Sandy Hoffman, the Coordinator of the Pilot Parent Program at Johnson County ARC,

"A HAPPENING" (continued)

Kansas City, Missouri; Gay Taylor, Service Provider; Kathy Danielson, parent from Hutchinson, Kansas. Just to add a few more ingredients to our evening, we had 10 representatives from the Omaha Pilot Parent Program throughout the evening. Needless to say, this was one enjoyable evening. I guess, to borrow our title of this article - it was "a happening".

To begin with, each one of the parents in the room shared his/her own personal experiences regarding their own children. This provided many touching and heart-warming and sometimes hilarious stories. After the coffee break, the Pilot Parents shared with our guests and our new Pilot Parents their experiences in this program. I wish every member of GOARC could have been present to hear the experiences of these veteran parents. They really have a message to share.

The following morning at the GOARC conference room the same out of towners spent time with another group of Pilot Parents. They spent most of the day discussing how to set up a program and all the intricate, behind-the-scenes parts of the Pilot Parent Program. For this morning session, three of our favorite ladies from the Fremont Pilot Parent Program came to share their experiences---and we thank them for coming.

Let's hope that this will be a beginning of a number of "happenings" where the parents who are in these activities from other cities can join together sharing their hopes and dreams for the future in helping the "new" parent.

* * * * *

REFRESHER COURSE

The Pilot Parents had a new experience for their February Monthly Meeting which was held the 28th. The meeting was held in a beautiful setting, the Embassy Park Apartments Clubhouse. This was a rather long but interesting meeting that was called the, "Pilot Parent Refresher."

The meeting began with a meal catered by Mr. Drumstick. (For the Gazette reader's information, this was excellent food!) This dinner was followed by two presentations. The first was given by Patty Smith, Pilot Parent Coordinator, and covered some of the points of the Program - some of the tips - some of the things we learned over the past couple of years - and answered some of the questions people have had about the program. This was followed by a presentation given by Donna Moriarty, a graduate student in nursing who has done a great deal of research on the Pilot Parent Program. Donna's presentation covered many things. Probably the focal point was the necessity of Pilot Parents' listening to help the parent to work through the intense feeling that they have at the crisis time when they find out they have a handicapped child.

Following these presentations the group broke into several small groups; each group was lead by one of the Pilot Parent dads. We had a number of questions that we wanted discussed during this 40 minute time and later we came back into a large group session to discuss each one of the questions and to compare notes.

All in all this was a relaxing and enjoyable evening for the Pilot Parents.

A REWARDING EXPERIENCE

Our daughter, Janie, has had some experiences in these past months that I would like to share with the readers of the GOARC Gazette.

Last summer I enrolled Janie in the gymnastics class whcch ran every morning for three weeks at Monroe Junior High School. These are the regular summer classes sponsored by the Omaha Public School System. Because of many of the opportunities that she had at St. James Day Care in the CEEP program with ENCOR, she had more advanced skills than most of the children. A couple of the days, Janie's behavior caused minor differences but on the overall this was a positive, growing experience.

When January rolled around, we decided to start Janie in swimming classes in the same type of program. I asked the lady who enrolled us if Janie's handicap would be a problem. She replied, "We don't care, she'll do fine." That same young woman, Sarah, is Janie's teacher, and once again it has been a rewarding and growing experience.

Janie is a good "modeler". As a "Mom", I always hope the guy next to Janie does the right thing. This is what Janie will copy. Also, as a "Mom", I can tell that it's pretty frightening to send your child into an established program for normal kids and take the risk that maybe she'll have problems, maybe they won't understand her, maybe the kids will give her a bad time---oh, all sorts of "maybe's".

Now, we're half way through the lessons. She's ahead of some and behind many. The teachers are great. They help each child - wherever they are in ability. Janie is doing find - Mom isn't worrying as much - I'm enjoying the experience. The parents involved have been so accepting of Janie.

My hope is that more parents will take a look at these classes and see if maybe their children could participate. I have found it to be a good experience.

Patty Smith
...a parent

* * * * *

NEBRASKA CHILDFIND

Nebraska ChildFind needs educational toys to leave with families of handicapped children throughout the State. ChildFind Outreach Workers have found a need for toys in many homes throughout Nebraska.

If you have rattles, shape boxes, simple puzzles, mobiles, blocks, etc. that are in good condition, please contact Barbara Jackson or Kaye Mainelli at 541-4999.

* * * * *

NEBOWA COUNCIL OF CAMP FIRE GIRLS

Last Fall, Camp Fire Girls opened its doors to new programs serving more children in Omaha. These were named "New Day Programs". One of these, the "New Day Camp Fire Kids", serves eleven boys and girls who are in a special education classroom at Prairie Lane Elementary School.

The "Kids" program is based on the traditional adventure level of Camp Fire. The addition of boys and the classroom setting have created a new direction for the program. A fifth grade group of Camp Fire Girls became "sisters" to the group by hostessing a send-off party and ceremonial for the "Kids".

All of the students in the "Kids" program have earned honors for good grooming, making invitations, and making a personal data chart. They have learned Camp Fire songs, handsign, and password, and take turns holding an office at their meetings. Some have earned extra honors for helping out at home. Their present project is growing plants and decorating pots to give to residents at Douglas County Annex.

Their leader reports that the students are always in their "Kids" navy blue and white outfits and plaid tie, waiting for her on Thursday mornings. Their teacher says that the Camp Fire Kids' meeting is the high point of the students' week.

The "Kids" program has proven so successful that New Day plans to expand. Volunteer leaders are needed to assist with new groups. Please call us at 345-2491 to inquire and assist with New Day programs.

* * * * *

MOBILITY, INC.

A new business is in town. The first of it's kind in the Mid-West. Progressive thinking and dedicated effort were put together to form Mobility, Inc., an entity that put together transportation for the handicapped. This is a private enterprise, not subsidized by the government and we (GPPVA) wish to express our hope that the public support this effort. For more information on these notices or the GPPVA in general, call 895-3489.

* * * * *

BABYSITTERS

Child Care Technician's students are willing to do vacation babysitting. For information contact Ben Cacioppo at 541-4954.

* * * * *

A Special Night For Special Parents

. NPI Auditorium
602 South 45th Street

• Parking- South Parking Lot

APRIL 18, 1977

COFFEE: 7:00 P.M. to 7:30 P.M.

MAIN SPEAKER:

JACK TRENBATH, M.D., B.S., M.R.C. Psych.
Associate Professor of Child Health, MCRI

"Your Child's Handicapped...what does this mean to you?"

Small Group Sessions: 9:00 P.M. to 10:00 P.M.

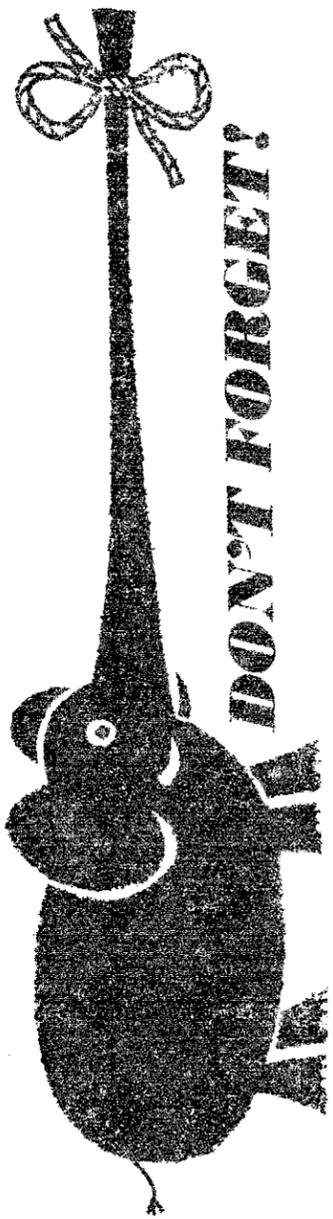
- (1) Wade Hitzing, Ph.D., Associate Director of CASS
"Where are the services and where do you get them?"
- (2) Thomas Miller, Executive Director of GOARC
"How can you provide your child an even break...at home and in the community?"
- (3) Dr. Cordelia Robinson, Director of the Infant Program - MCRI
"Does Early Intervention and Infant Stimulation Help?"
- (4) Christine Smith, J.D., Legal Services Project for the Mentally Handicapped
Project Director/Legal Advocate - NSBA
"What should parents of handicapped children know about the law?"

APRIL

- 11 Pilot Parent Training
GOARC - 140 South 40th Street
7:30 P.M.
- 12 Mother's Coffee
Pilot and Piloted Parents
South Park Apartments - 5009 "A" Street
10:00 A.M. to Noon
- 17 - 24 Richman Gordman Health Fair
Pilot Parents Presentation
- 19 Board of Directors Meeting
GOARC Office
7:30 P.M.
- 18 A Special Night for Special Parents
NPI Auditorium
Dr. Jack Trembath - Main Speaker
- 22 Pilot Parents Presentation
Arkansas ARC Convention
- 30 Pilot Parents Presentation
Oklahoma ARC
Oklahoma City, Convention

MAY

- 3 Executive Committee Meeting
GOARC Office
7:30 P.M.
- 5 GOARC's General Membership Meeting
AWARDS NIGHT
First Federal Savings of Lincoln
2101 South 42nd Street
7:00 P.M.
- 17 Board of Directors Meeting
GOARC Office
7:30 P.M.



Send Your MEMBERSHIP In . . .

TODAY

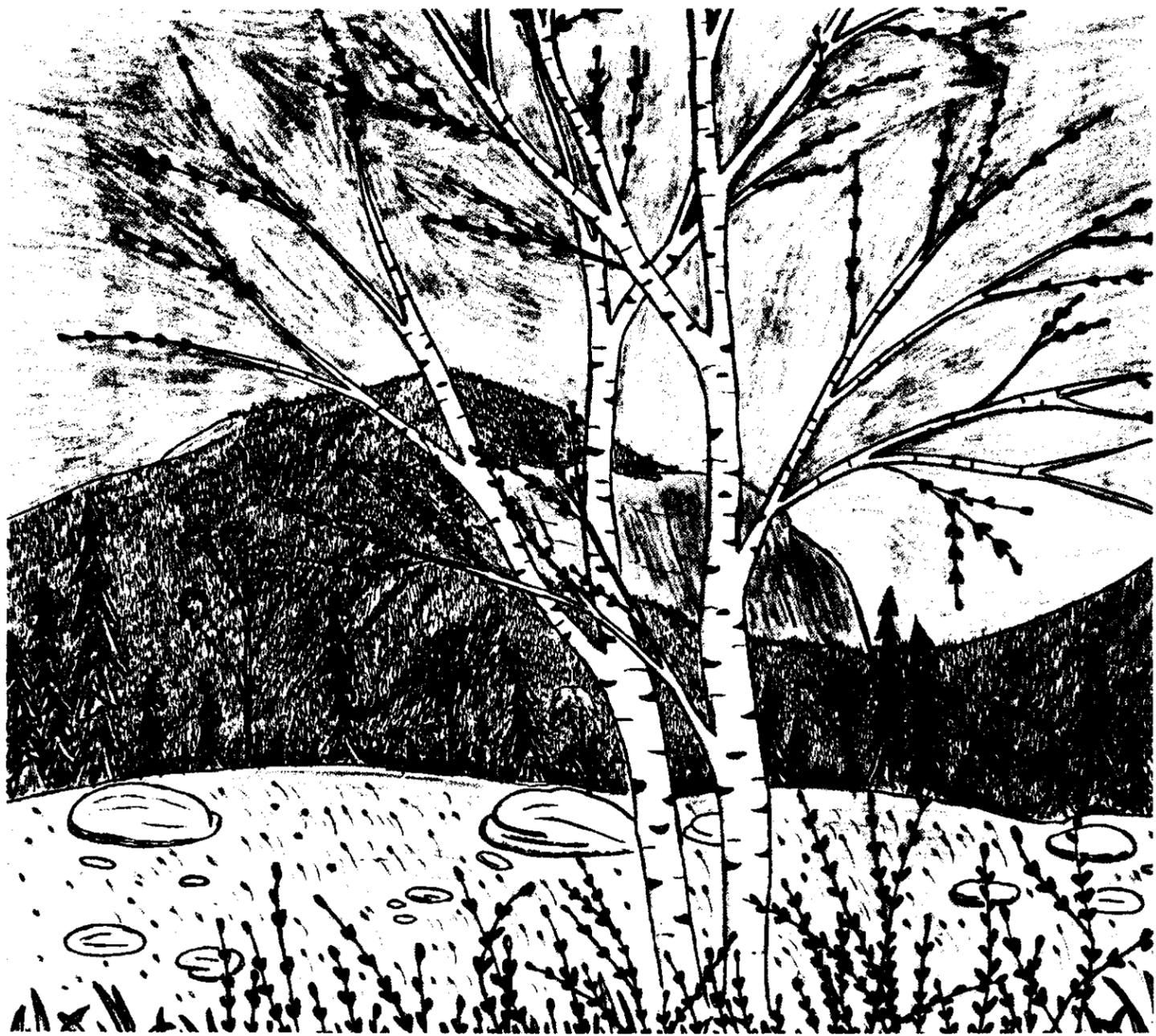


A United Way Agency

NON-PROFIT ORG.
U.S. POSTAGE
PAID
OMAHA, NEBRASKA
PERMIT NO. 109

Ms. Shirley Dean
ENCOR
885 S 72nd St.
Omaha, NE 68114

GOARC GAZETTE



Melvin Mitchell Clearfield, Utah

MAY 1977

TABLE OF CONTENTS

RESPONSE TO THE STATE by Tom Miller, Executive Director.....	1-2
INPUT ON PROPOSED TITLE XX PLAN.....	2
QUESTIONS AND ANSWERS ABOUT GUARDIANSHIP AND CONSERVATORSHIP IN NEBRASKA by Christine M. Smith, Legal Advocate.....	3-6
NEW BOOKLET ON RESIDENTIAL SERVICES.....	7-9
ENCOR STAFF DEVELOPMENT by Dick Irving.....	10-12
PILOT PARENT ANNUAL REPORT.....	13
A SPECIAL NIGHT FOR SPECIAL PARENTS by Patty Smith, Pilot Parent Program..	14
A LETTER FROM A FORMER PILOT PARENT by Patty Smith, Pilot Parent Program..	15
GOARC AWARDS NIGHT.....	16
SPOTLIGHT ON...THE COLEMAN FAMILY by Alice Blackstone.....	17-18
JUST LIKE ME & LETTER TO THE EDITOR by Louise Wright.....	19
1977 EASTER SEALS CAMP KIWANIS SCHEDULE.....	20
RECREATION COORDINATOR AT ENCOR.....	21
STIPENDS ARE AVAILABLE.....	22
COVER STORY.....	13

GOARC Executive Committee: John Clark, President; Ed Skarnulis, First Vice-President; George Armstrong, 2nd Vice-President; Jan Novicki, Recording Secretary; Barb Jessing, Corresponding Secretary; Pat Jung, Treasurer.

GOARC Staff: Tom Miller, Executive Director; Amy Humphries, Administrative Assistant; Lynne MacDonald, Office Manager; Donna Reh, Secretary; Patty Smith, Coordinator, Pilot Parent Program; Carl Sullivan, Client Ombudsperson; Billie Cook, Coordinator Poverty and Mental Retardation Program; Christine Smith, Legal Advocate.

Editor: Cathie Campbell

GOARC is a non-profit organization whose purpose is to provide a strong volunteer support organization for all mentally retarded citizens and their families by advocating for the rights, needs, and full development of these citizens of Douglas and Sarpy Counties. Annual Membership: \$9.50.



A United Way Member Agency

Greater Omaha Association for Retarded Citizens
140 South 40 St., Omaha, NE. Ph: 551-9450

RESPONSE TO THE STATE

In the March issue of the Gazette, I discussed my concern about Governor Exon's interference which delayed an evidentiary hearing on Horacek vs. Exon. I sent my article entitled "Misuse of Power" to "Another Point of View" in the World Herald in order to inform the public of what a delay in the hearing means to mentally retarded citizens. I received a response from Mr. Donald Leuenberger, Assistant State Budget Administrator. The following is excerpted from my response back to Mr. Leuenberger:

"The prime reason I wrote to the "Another Point of View" in the World Herald was to bring to light Governor Exon's interference and delay of Horacek vs. Exon. If you will refer to my article you will note that most of what I had to say relates to the delay in the court case. And that concern, Mr. Leuenberger, you have not answered. The reason you gave for Governor Exon using his power was "to give the U.S. Attorney General and opportunity to review the actions of the State in implementing the Decree." Why does the U.S. Attorney General have to review the case at all? The United States has been involved through the Justice Department and they are quite clear on what the State of Nebraska has and has not done in regard to the Consent Decree. Therefore, I contend that you still have not addressed my prime concern, my major interest, and that is why does there continue to be a delay of the court case? I would be interested in hearing the real reason for delay."

"Many advocates of mentally retarded citizens truly feel that capital construction expenditures are an "immoral and useless use of tax dollars." I strongly encourage you to read the most recent President's Committee on Mental Retardation's Report to the President entitled Century of Decision. In that volume, numerous recommendations are made to close large congregate settings for mentally retarded persons and to rely upon small dispersed community-based settings. To do otherwise would be to continue what is now known as a regressive and outmoded service model. Construction dollars could be more wisely spent in the community than in a dying system."

"State general fund support for community programs for retarded persons has risen substantially and for this we are grateful. However, it should also be stated quite clearly, and never is, that seven years ago there were no programs in the community for mentally retarded persons. Therefore, it becomes somewhat deceptive to be constantly pointing out that there has been an astronomical increase in State general funds for community programs. For instance, I would assume that when the University of Nebraska began in the 1800's that in a matter of ten years the budget increased substantially. Of course it did. And to be referring to that increase in funding as "massive" would be highly ludicrous."

RESPONSE TO THE STATE - CON'T

"I mentioned in my article that Jerry Griepentrog would be "a stumbling block to coordination". Your article also quotes that clause. However, you fail to mention the reason I called Jerry 'a stumbling block'. He delayed a very important meeting which was scheduled between the State Department of Public Welfare and ENCOR. This meeting by the way, was finally held after a 31 day delay! When rapid communication is a necessity, a month delay is a serious hindrance to communication between community programs and state agencies. Perhaps this delay was an exception to the rule, and perhaps in most cases Jerry will rapidly facilitate meetings between community-based services and state agencies. This remains to be seen."

"Through State statutes, Governor Exon has been given responsibility over programs and services for mentally retarded person. In addition, I maintain that Governor Exon signed the Consent Decree in August of 1975 and has failed to live up to the terms of that Consent Decree, and has used and continues to use his power to thwart the implementation of the Consent Decree. And that was the main reason I wrote my article in the newspaper, and why I continue to feel that Governor Exon is misusing his power."

Thomas Miller
Executive Director

* * * * *

INPUT ON PROPOSED TITLE XX PLAN

On May 10th from 9:00 to 10:00 PM on the NE Educational TV network, citizens are encouraged to comment on the proposed Title XX plan. Toll free telephone numbers will allow people to call in their comments or questions to state staff. Title monies fund a large portion of community-based mental retardation programs throughout the State. This year's allotment of Title XX funds to programs for mentally retarded persons, \$7,966,000 will be sufficient to meet the needs of retarded persons for the coming fiscal year.

If you are listening to the show that evening you may want to call the toll free number and voice your approval of the proposed amount that is being given for special services for mentally retarded persons. There is a possibility that the proposed plan could be modified, so your input for the amount of Title XX monies going to mental retardation programs is important.

QUESTIONS AND ANSWERS
ABOUT GUARDIANSHIP AND CONSERVATORSHIP IN NEBRASKA

Q: What is the difference between guardianship and conservatorship?

A: Guardianship is a system to protect the person of a minor or mentally incapacitated individual who is unable to care for himself. There is no reason to seek a guardian in situations where the problems to be dealt with center around the property of a disabled individual.

Conservatorship is a system to protect the property of a minor or mentally incapacitated individual who is unable to manage his own property. If the individual in question already has a guardian, it may be unnecessary to seek a conservator unless substantial property is involved; a guardian may exercise limited control over his ward's property if the ward does not have a conservator.

Q: What is the nature of the guardian-ward relationship?

A: The guardian-ward relationship is very similar to the parent-child relationship. The major differences are that a guardian does not have the parental obligation of financial support, nor is the guardian liable to third persons by reason of the parental relationship for acts of the ward. The guardian does have responsibility for the care of his ward, and is statutorily provided with the powers necessary to carry out this responsibility. In essence, a guardian has the authority to make the same kinds of decisions with respect to his ward's person as a parent makes with respect to his minor child. Examples include: consent to medical care, education, training, place of abode, and instituting legal action.

Q: Is there a difference between guardianship of a minor and guardianship of a mentally incapacitated individual?

A: Yes. The Nebraska statutes provide for separate guardianship treatment of minors and mentally incapacitated persons. The major difference is that the parents of a minor child are the child's natural guardians, and therefore a court cannot appoint a guardian for a minor unless all parental rights of custody have been terminated or suspended by circumstances or by prior court order. The powers and duties of guardians of minors and guardians of mentally incapacitated individuals are very similar.

Q: Does the law in Nebraska provide for limited guardianship?

A: No. A guardian is given authority over all matters that relate to the person of his ward. The ward's legal ability to make decisions concerning his person are completely transferred to the guardian.

QUESTIONS AND ANSWERS - CON'T

Q: How does a person become a guardian of a minor or mentally incapacitated individual?

A: A person becomes a guardian either by acceptance of a testamentary appointment or upon appointment by the court.

Q: What is the procedure for testamentary appointment of a guardian?

A: In the case of a mentally incapacitated individual, the parent or spouse of the individual may by will appoint a guardian. The testamentary appointment becomes effective when, after giving notice to the incapacitated person and to the person having his care or to his nearest adult relative, the guardian files his acceptance in the court in which the will is probated. However, the appointment is terminated if the person for whom the testamentary appointment was made files a written objection with the court.

In the case of a minor who is unmarried, the parent may appoint by will a guardian. The appointment becomes effective when the guardian files his acceptance, if both parents are dead. A minor of fourteen or more years of age may prevent the appointment of a testamentary guardian by filing a written objection with the court.

Q: What is the procedure for court appointment of a guardian?

A: In the case of a mentally incapacitated person, the county court of the county where the allegedly incapacitated person resides may appoint a guardian upon the petition of the incompetent person or any person interested in his welfare.

Upon the filing of the petition, the court will appoint an attorney to represent the allegedly incapacitated person, if the person does not have an attorney. The court may also appoint a physician to examine the person, and an investigator to interview both the allegedly incapacitated person, and the person seeking appointment as guardian.

The court will set a date for hearing - notice of the time and place of the hearing must be sent to the allegedly incapacitated person, his spouse and parents, and any person who has his care or custody. After the hearing, the court may appoint a guardian if it is satisfied that the person for whom the guardian is sought is incapacitated and that the appointment is necessary or desirable as a means of providing continuing supervision of the person of the incapacitated individual.

Q: Who may serve as a person's guardian?

A: The law in Nebraska disqualifies certain persons from serving as guardians or conservators. These disqualified persons include any owner or employee of a nursing home or institution engaged in the care, treatment, or housing of mentally or physically handicapped persons.

QUESTIONS AND ANSWERS - CON'T

The Nebraska law establishes certain priorities for appointment as guardian of an incapacitated person or as conservator. Generally speaking, close relatives (spouse, adult child, parent) are given priority over non-relatives.

Q: How is a guardianship terminated?

A: A guardianship of a minor ward terminates when the minor ward marries, or attains the age of majority. In addition, any person interested in the welfare of the minor ward, or the minor ward if fourteen or more years of age, may petition the court for termination of the guardianship, or for removal of the guardian and appointment of a successor guardian.

A guardianship of an incapacitated ward may be terminated when, upon petition of the ward or any person interested in his welfare, the court finds that the ward is no longer incapacitated. The ward or any interested person may also petition the court for removal of the guardian and appointment of a successor guardian.

Q: What is the nature of the conservator-protected person relationship?

A: The conservator-protected person relationship is a fiduciary relationship. The conservator is entrusted with the management and distribution of the protected person's property.

Q: Is there a difference between conservatorship of a minor and conservatorship of a mentally incapacitated person?

A: Generally speaking no. The Nebraska statutes do not provide for separate conservatorship treatment of minors and mentally incapacitated persons. There are some minor procedural differences.

Q: Does the law in Nebraska provide for limited conservatorship?

A: Yes. The court which appoints the conservator may restrict or limit the managerial or distribution powers of the conservator. Also, instead of and without appointing a conservator, the court may itself authorize, direct, or ratify any transaction necessary or desirable to arrange for the security or care of the person, including the sale or lease of property, contracting for training and education, and establishing a trust.

Q: How does a person become a conservator of a minor or mentally incapacitated person?

A: A person becomes a conservator upon appointment by the court.

QUESTIONS AND ANSWERS - CON'T

Q: What is the procedure for court appointment of a conservator?

A: The county court of the county where the person to be protected resides may appoint a guardian upon the petition of any person who is interested in his estate, affairs or welfare.

The conservatorship proceeding is somewhat similar to the guardianship proceeding. After notice and hearing, the court may appoint a conservator if the court determines that the minor or incapacitated person has property which will be wasted unless proper management is provided, and, in the case of an incapacitated person, that the person is unable to manage his property and affairs effectively for reasons such as mental illness, mental deficiency, confinement, or physical illness or disability.

Q: Should the parent of a mentally retarded individual seek either guardianship or conservatorship of the individual once the individual attains his majority?

A: Whether to seek guardianship or conservatorship is an extremely serious decision which must be based such factors as the mentally retarded individual's abilities, and the availability of support services in the community. For many mentally retarded person, guardianship is not needed, and would be unnecessarily restrictive. The need for conservatorship depends on both the individual's ability to handle financial matters, and on the amount if property is involved. A parent who is considering either guardianship or conservatorship should consult with mental retardation professionals, and an attorney.

Note: The foregoing article is intended only as a general description of the Nebraska guardianship and conservatorship laws. Due to limitations of space, I have summarized and made some generalizations about the law which may be misleading when applied to a specific situation.

Article by: Christine M. Smith, Project Director/Legal Advocate
for the Legal Services Project for the Mentally
Handicapped.

NEW BOOKLET ON RESIDENTIAL SERVICES

Recently, the National Association for Retarded Citizens produced a short booklet entitled Residential Services, Position Statements of the National Association for Retarded Citizens. Copies of this booklet are available for \$.50 each from NARC, 2709 Avenue "E" East, Arlington, Texas, 76011.

The first part of the booklet outlines basic principles. Because these principles are so well stated, they are reprinted below in their entirety:

"There are basic principles which should underlie the development of human services systems so as to assure that those services are compatible with the nation's cultural value system and legal guarantees. A set of principles can be thought of as the fundamental rationale for the basic rules of a culture's value system. For example, the United States Constitution is a set of basic principles which serve to guide the behaviors of all citizens of the nation.

The following principles apply equally to all services for mentally retarded citizens:

- * Retarded children and adults are guaranteed the same constitutional rights as other children and adults and may not be deprived of life, liberty, or property, without due process of the law; nor shall they be denied equal protection granted by the laws.

The courts have defined liberty to denote a number of different things, among which is "to acquire useful knowledge," and generally "to enjoy those privileges long recognized at common law as essential to the orderly pursuit of happiness by free men."
(Meyer v. Nebraska, 1923)

- * Residential facilities of all varieties are particularly vulnerable to conditions or situations which can impair the quality of life for the residents whom they serve. Facilities become dehumanizing when they become developmentally counterproductive by violating the dignity of the resident and limiting his or her opportunity to gain "useful knowledge". Dehumanization is a denial of the individual's basic rights to liberty and the pursuit of happiness guaranteed by the United States Constitution.
- * Individuals with retarded mental development have a right to the general social priority of participation in appropriate educational opportunities. Retarded individuals should have those opportunities which will promote their personal development. For example, if they are treated as children throughout their lifetimes, retarded persons are deprived of the opportunity to learn adult behavior.
- * The purpose of a residential service implies that clients of the service are in need of on-going developmental experiences which they are unable to receive at home. While the learning needs of both retarded and non-retarded persons are continuous throughout their lifetimes, the retarded individual usually has a more intense need for structured learning situations. By the very nature of their

New Booklet on Residential Services (continued)

handicap, mentally retarded persons require increased or specialized opportunities to learn new skills. Adults need a continuing program to increase or maintain their skills of independence.

- * Programs for retarded persons must give attention to the individual's personal goals. Most retarded men and women are capable of setting personal goals and communicating their desires and aspirations. Even non-verbal retarded children and profoundly retarded adults can often participate in decision making and goal setting if given a legitimate opportunity.

The retarded individual and the family or guardian should participate in planning for residential placement and/or program participation.

- * Retarded children and adults should be helped to live as normal a life as possible. The structuring of daily routines, the life style and the nature of the physical environment should approximate the normal cultural pattern to the greatest extent possible.
- * Retarded children and adults are capable of learning and development. Each individual has potential for progress, no matter how severely handicapped he or she might be.
- * The basic goal of programming for retarded persons consists of maximizing the individual's personal, social and vocational development, and as such is identical with the goal of educating and socializing all other citizens. The adequacy of programs, as well as of physical and psychological environments, can be evaluated in terms of the degree to which they fulfill this goal.

In general, this goal is more rapidly met by including the retarded individual within the mainstream of society or by replicating the patterns and physical characteristics of the prevailing culture when it is necessary for a retarded person to live away from his or her natural home.

- * Specific program objectives must be tailored to meet the needs of each individual, and will vary for different degrees of impairment. The most feasible and constructive approach, in view of current limitations of knowledge, is to assume that most retarded persons have the potential for greater mental, physical and social development and for eventually leading an independent life style. This approach must dominate program planning until the individual's response to appropriate programs clearly reveals his or her inability to attain this goal.
- * All programs for the retarded persons must meet the three basic criteria of the developmental model:
 1. Contribute to increasing the complexity of the individual's behavior;
 2. Contribute to increasing the individual's ability to control his or her environment; and
 3. Contribute to maximizing those qualities which have been designated

New Booklet on Residential Services (continued)

as "normal" or human.

- * Programs for mentally retarded persons should utilize the community's existing services to the fullest extent. Utilization of community services provides opportunities for the retarded person to experience a broader array of social situations which can contribute to learning new skills and increasing independence.

Utilization of general community services also provides opportunities to sensitize community agencies to the service needs of retarded individuals and their families.

- * A comprehensive system of community services must be developed to provide for:
 1. Early identification of handicaps which are developmentally disabling;
 2. Early assistance to correct or alleviate these disabilities and a continuity of services to thereby reduce the need for residential services; and
 3. On-going services to the individual and family to assure the greatest possible gains in development.
- * Community services should be strategically located throughout the state, region, or county to promote maximum social integration of disabled citizens into the community.

* * * * *

LOST & FOUND

The following articles were either lost or found at the March GOYARC Retreat.

LOST: New sleeping bag, royal blue with plaid lining.

FOUND: Coat. Call Bev DeMay at 391-7499.

Please call the GOARC office, 551-9450, with information or inquires.

* * * * *

VOLUNTEER OF THE MONTH

Mrs. Fran Porter, co-founder of the Pilot Parent Program and long-time volunteer at GOARC was chosen as Volunteer of the Month for April by the Voluntary Action Center of the United Way of the Midlands. Her picture, with son Dana, appeared last month in the Sun Newspaper. Congratulations, Fran!

* * * * *

ENCOR STAFF DEVELOPMENT

ENCOR's staff development section was one of the first staff support functions restored during the agency's rebuilding process this year. Staff training, as a distinct agency operation, had disappeared during ENCOR's financial crisis during the 1975-1976 fiscal year. Individual ENCOR divisions continued to hold inservice training sessions for their staff as often as possible, but agency-wide orientation and training sessions were not held from October, 1975 to November, 1976. And, without staff trainers, the inservice sessions required the time of direct-line staff, whose first duty was to serve clients.

ENCOR management realized that formal training was necessary to prepare new staff members for their duties and to insure quality services for the people served by ENCOR. Therefore Sandi Ross was hired last September as ENCOR staff development officer, to re-establish staff training for the agency.

Sandi has five years experience in staff training. From 1971 to 1976, she served as staff development educator at the Douglas County Hospital annex. A registered nurse, she graduated from the Nebraska Methodist Hospital School of Nursing in 1968 and served four years as an intensive care nurse. She is currently pursuing a degree in psychology and counseling through Stevens College.

In October, Sandi hired Bill Lewis as residential training specialist, Penny Brown as vocational training specialist and Melody Henn as educational training specialist. The three new training specialists were to work with Sandi on agency-wide training, as well as to apply their special expertise to division-specific training. All three had several years experience in ENCOR and in their respective divisions.

Bill Lewis has worked for ENCOR since 1974. For three years he worked for the residential division in South and Southwest Omaha. Bill was residential assistant, assistant manager and manager of the Harrison Street residential cluster. In 1976 he combined the Harrison Street cluster with the Ridgewood Cluster in Southwest Omaha. He serves as an ENCOR representative on the Eastern Nebraska Human Services Agency (ENHSA) Personnel Advisory Council. Bill is working toward his bachelor's degree in Sociology at Bellevue College.

Penny Brown has been with ENCOR since 1973. She worked at the Benson Industrial Training Center for four years as a program manager before joining the staff development section. She is currently enrolled in the Stephens College.

Melody Henn has worked for ENCOR since 1972. She was a preschool teacher and resource teacher from 1972 to 1974, working in ENCOR's pilot program for integrating handicapped children into a community preschool center. From 1973 to 1974 she served as assistant to the director of ENCOR's Co-ordinated Early Education Program (CEEP). She was resource coordinator for CEEP's home training and integrated early education programs from 1974 until she joined staff development.

ENCOR STAFF DEVELOPMENT - CON'T

The purpose of ENCOR's staff development office is to provide ENCOR employees with the opportunities to gain the knowledge and skills necessary to fulfill their duties and to contribute to client growth and movement. The new office moved quickly to set up a staff development system to fulfill this purpose.

The first service provided by the staff development office was a monthly agency-wide orientation for all new ENCOR employees. These orientation sessions cover two full days each month. This training provides each new employee with a basic background in mental retardation, including the history, causes and prevention of retardation. The orientation sessions also cover the philosophical basis of ENCOR--normalization and the least restrictive alternative. Employees are also oriented to all of ENCOR's direct services and receive training in first aid and in medications.

During each new employee's 90-day probationary period, the employee is required to attend three more mandatory training sessions. One is on normalization/PASS and provides more intensive training in the principles of normalization and their application to ENCOR services. Another is on behavioral analysis and management. A third is on program planning and recording.

The staff development office has also offered training on individual program plans (IPPs). ENCOR individual program plans are written plans periodically made up for each individual client, that set specific objectives or goals in each developmental area. IPPs are drawn up by teams consisting of professional staff (both inside and outside ENCOR), along with the clients themselves and their families.

In February, Sandi hired another residential training specialist, Cyndi Padilla, who has been with ENCOR for three years. Cyndi has a bachelor's degree in child development. She has worked for ENCOR's Coordinated Early Education Program (CEEP) as a resource teacher in integrated preschools, as an infant home training teacher, and as a head teacher for preschools.

The services provided by ENCOR's staff development office go beyond the basic orientation sessions. Staff development also provides ongoing training for ENCOR employees: division-specific training, training to help employees carry out specific duties, and special training on request. ENCOR training specialists are working on setting up joint training sessions with other agencies. The training specialists provide consultation resources for the agency, and maintain individual training files on each employee in the agency.

The ENCOR staff development office is also providing training for parents. So far this has consisted of inviting parents to attend staff training sessions. For instance, 17 parents attended staff training sessions in March. The times and places for orientation and training haven't been set yet for May, but parents who are interested in attending may call the staff development office for information, and to reserve space. Staff development phone numbers are: 444-6415, 444-6297, and 444-6224. Sandi Ross says she is especially interested in getting more parents involved in IPP training.

ENCOR STAFF DEVELOPMENT - CON'T

Beginning in May, the staff development office is beginning a new series of training sessions. These sessions will feature a particular topic each month. The topic for May is epilepsy. Topics for future months will include problem-solving, developmental stages, task analysis, health needs, physical therapy and dealing with problem behaviors. Some of these topics should be especially interesting for parents.

As the training for ENCOR staff members is firmly established, the staff development office wants to get into more training sessions specifically geared to the interests of parents. To do this, the training specialists need information from parents about what kind of topics should be covered and how they could best be handled.

What do you need more information or training on? Parenting? Behavior management? Other topics? Do you need some training at home to provide followup support for ENCOR's direct service programs? Would you like to attend agency orientations along with staff members, or should their be special orientation and training sessions for parents? What time would be convenient for you to attend parent training sessions?

If you have any feelings about these or any other subjects, call the staff development office at one of the phone numbers listed above, and talk to Sandi Ross or one of the training specialists. They want to provide support for you. They need your input. If ENCOR can't provide the training or information you want, they'll be glad to make arrangements for something suitable outside the agency.

--Dick Irving, ENCOR Public Education and Information Officer

* * * * *

ENCOR NEWS

ENCOR Deputy Director, Bruce Kai left ENCOR April 29th for a position as residential director for Phoenix mental retardation programs in Arizona. Bruce will be working for Brian Lensink, former director of ENCOR and ENHSA, who is now State Director of mental retardation services in Arizona.

Don Moray has left Benson ITC as its director to be Vocational Division Director. Don fills this position left vacant last Fall when Lois Rood became the ENCOR Planning Director.

* * * * *

PILOT PARENT PROGRAM ANNUAL REPORT

On April 19, 1977, Patty Smith, Coordinator of the Pilot Parent Program, presented her annual report from February 1, 1976 to January 31, 1977 to the GOARC Board of Directors. The following is a summary of that report:

Number of training sessions	3 ¹
Number of Pilot Parents trained	21(9) ²
Number of Pilot Parents actively functioning	34
Number of new parents served	135
Number of children served	138 ³
Number of children served not mentally retarded	23 ⁴

ENCOR headed the list for the most referrals to the Pilot Parent Program.

- 1 One Pilot Parent training in Lincoln, Nebraska.
- 2 The numbers in parenthesis indicate people from outside of the Douglas-Sarpy County areas.
- 3 This total includes 2 handicapped children in 3 families.
- 4 Five Cerebral Palsy, Four Epilepsy, three with spina bifida, and eleven with various other handicaps.

* * * * *

COVER PICTURE

This months cover picture was taken from the 1977 NARC Calendar. The artist is Melvin Mitchell, 43, of Clearfield, Utah, represents the Davis County ARC. He is employed by the Davis County Development Center. In addition to his interest in art, Melvin is very knowledgeable in areas of geology, astronomy, and meteorology.

* * * * *

A SPECIAL NIGHT FOR SPECIAL PARENTS

Approximately sixty parents turned out at the Nebraska Psychiatric Institutes' auditorium on April 18th for "A Special Night for Special Parents". This is a night filled with social interaction, excellent presentations, and lots of learning and sharing from Pilot Parents and other parents in the community.

The main speaker for the evening was Dr. Jack Trembath from MCRI. Dr. Trembath gave one of the most sensitive and personal talks that our parents have ever heard from a professional in the medical field. Dr. Trembath began with an early account of his training and his special interests regarding his own family from many years ago. He then moved on to tell the parents about services as they are today, and services as he thinks they will be tomorrow. By revealing his own humanness, Dr. Trembath let the parents see that doctors can make errors and yet continue to strive to serve their patients. All in all, Dr. Trembath's talk was well received, very much enjoyed, and relaxing. Dr. Trembath fielded questions for about twenty to twenty-five minutes following his talk. This again provided a most interesting perspective on the work that Dr. Trembath has done.

Following his speech, there were four small group sessions presented. Christine Smith, the Legal Advocate for the Legal Services Project for the Mentally Handicapped, led a group discussion on "what should parents of handicapped children know about the law"? This was probably the most popular group session. Today's parents are really getting into the aspects of understanding the legal ramifications of a handicapped person. The second group session was held by Wade Hitzing, from the Community Alternative Service Systems (CASS), about "where are the services and how do you get them"? As usual, Wade did an excellent job. The third group was led by Dr. Cordelia Robinson, Director of the Infant Stimulation Program, MCRI. Her question was "does early intervention and infant stimulation help"? Cori, again, showed a number of our parents the value of infant stimulation and demonstrated the progress that is made for the whole family in these areas. The fourth group was led by Tom Miller, Executive Director of GOARC, on "how can you provide an even break for your child at home and in the community". Sorry to say, Tom didn't get very many followers that night. An error on the coordinator's part -- most of the parents had already gone through P.A.S.S. training with Tom, so Tom just spoke to a very small group, but a mighty one at that.

I would like to give special recognition to Cheri Dean for having conducted all the publicity on "A Special Night for Special Parents" and to Janie Grimm who provided for all the refreshments. If you saw the table with all the "goodies" that night, you would know that Janie did a "bang-up job".

Patty Smith, Coordinator
Pilot Parent Program

* * * * *

A LETTER FROM A FORMER PILOT PARENT

Being the Coordinator of the Pilot Parent Program brings many pieces of mail to my desk. Of these, some are boring, some are exciting, some are gratifying. I recently received a letter from S. Sgt. Ron Morrow, who formerly was a member of GOARC Pilot Parents, and I was very moved and touched by his remarks, the problems he has encountered since he moved to Florida, and the way he has gone about trying to solve his problems. What follows are excerpts of this letter that Ron has given me permission to re-print:

"Well at last I can sit down and get a letter off to you. Believe me when I say that the reason for not writing sooner was not because I didn't want to, but because there was a certain amount of reluctance to do so. Somehow I felt that as a father, I failed my daughter because we took her out of an excellent program and gave her something less. And because of this guilt I felt reluctant in writing to tell you how things were going at this end."

What followed was a description of his job and how all the family was doing.

"And Rhonda...what a charmer. She has been in the Head Start Program since September. This has been an experience for them as well as for us. Even though the Head Start program must, by Federal guidelines, have an enrollment in which 10% of their students are developmentally delayed, they are not geared towards working with the handicapped. But they are trying to establish a suitable program. And I feel that because of us, especially Rhonda, that an opportunity developed to where the Head Start people could become totally or even partially involved in establishing a program for the handicapped. But it's better than nothing."

"The local association for retarded citizens is currently structured like GOARC used to be before the development of ENCOR. The primary concern of the association is the continuance and maintenance of the programs of which they are solely responsible, i.e. adult training center, and residential services for the adults. Unfortunately, because of the present set up, there is little opportunity for constructive involvement, development of new programs, and little concern for those not part of the "fold".

This was followed as a description of the ARC structure and Ron's desire to become involved.

"I think because of the unresponsiveness of the ARC that I felt lost. They were there, knew of my plight to find a program for Rhonda, but had nothing to offer. If this were truly an association established to bring families of the retarded together in order to share and strengthen...then the fine intricate web that established a common bond between us has become lost in the process of institutional management."

"But I am far from being bitter. I'm learning to temper my impatience and draw upon the courage and wisdom that you and those at Pilot Parents have shared with us during our stint in Omaha."

"To say that I don't miss you and the group would be the greatest lie I've ever told. For I'm still dependent upon you and still seek your support. Your love is my weakness and your cause my strength. And I will use that inner strength to do what I must to help my daughter and those like her."

Patty Smith
Pilot Parent Program



It's Time For
GOARC AWARDS NIGHT
 Thursday, May 5th
 7:00 P.M. - Refreshments
 7:30 P.M. - Awards Program
 First Federal Lincoln • 2101 S. 42nd St.



SPOTLIGHT ON

THE COLEMAN FAMILY



Nathan Coleman

If you've noticed a wirey, red-headed cameraman wandering around at meetings snapping candid, that's only part of the picture.

Try a wide angle lens and watch the rest of the Coleman family pop into view. Besides Robert, photographer, writer, free-lancer, and assistant to Dr. Menolascino, you now see Jan, mother, gardener, artist, craftsman, and nurse in the Coronary Unit of the Clarkson Hospital. Darting in and out, adding joy-filled sound effects, is almost two-year old, curly topped Nathan, their adopted son.

"Nathan is one of the luckiest things that ever happened to us," volunteered Robert as Jan efficiently scooped up the dancing dynamo to prepare him for bed. "I really like being a father."

From the lavish kisses bestowed by Nathan on me as well as his parents, he enjoys being a son. And if old wives' tales are to be trusted, he brought with him an extra bonus. After almost giving up hope, the Colemans are expecting their first natural child in June.

At the adoption agency they asked for a bi-racial child, thinking that might shorten the waiting period. It still took a full year but when four-month old Nathan finally arrived, they agreed he was worth the time it took. Healthy and well-developed, they are grateful for the loving care they are sure he had in early infancy.

Jan loves being a mother too. She reduced her work week to three days because that's all the time she can afford to take away from Nathan. They consider the three days he spends in a day care nursery beneficial, giving Nathan time to play and learn how to get along with his peers.

So how did a farm girl and nurse from Pierce, Nebraska, and a city guy from Boston with a degree in Political Science from Harvard get together? Being "people-oriented" they signed up for the Peace Corps and trained together in Vermont for a two-year stay in a small fishing village in India.

Out of a population of about 3,000, only one or two besides the village teacher were literate. Natives were mal-nourished. Filth diseases were common. Smallpox epidemics

Spotlight On (con'd)

occurred and sanitation was deplorable, soap and water both being scarce.

Jan concentrated on upgrading nutrition and cleanliness. Gardening was difficult and discouraging because water had to be carried some distance by bucket and cows were given priority. Discovering that soap sent home with "their little friends" who were covered with open, scabrous sores wasn't put to good advantage, Jan began giving them baths at their place to demonstrate how the disease could be cleared up by cleanliness. Resourcefully she wrote hotels asking for discarded, half-used bars of guest soap usually tossed away. Response was slow, due to communication factors. When they returned to India on a picture taking mission five years later, she was encouraged to discover a store that was selling more soap than before to the villagers.

Robert, acting as chief health inspector of the team, chuckles about the magnificent Asian style toilet he built in absentia. Being on a language kick, he quickly gained a workable vocabulary of the native language, tactfully re-scheduled by the village chief for the next day. Each time, before he could return, somebody had already done the digging, masonry, etc. Manual labor being strictly class-controlled, the chief could not let him participate. Ironically when the project was complete Robert was praised lavishly for his accomplishment. Five years later, the toilet remained monument to the Peace Corps and a testament to the finesse of natives determined to save face and adhere to their own customs.

After returning to the states, Robert taught two years in St. Louis in classes for the educable mentally retarded. After marriage, the couple went East where Jan nursed and Robert taught sixth grade English and History until deciding to try freelancing full-time. Although he succeeded in marketing ten articles, it seemed a difficult way to earn a living, so following their return visit to India, they decided to give Nebraska, Jan's home state, a try.

Here they have been busy and happy. Robert is an assistant to Dr. Frank Menolascino at Nebraska Psychiatric Institute and writes, edits, photographs, and assists with classes. In addition, he does photography for ENCOR, GOARC, and ENSHA. He has also done work for the Junior League Theater, the Playhouse, and accepts portrait commissions. Momentarily he is researching material about the effect of father neglect on children. When time permits, he plans another article on the mentally retarded, probably in the area of GOARC's Pilot Parent Program.

Besides mothering, nursing, gardening, and decorating, Jan looks ahead to more time for painting and a variety of craft work. Currently she is determining where to plant tomatoes and a small garden in their limited yard space, as well as alleviating the shock felt by her beautiful house plants when they were recently moved from their farmhouse in Mead, Nebraska to Omaha.

Robert looks forward to playing his guitar and singing more for young Nathan and seeking out a little more time for writing poetry. Meanwhile he is pursuing his Masters Degree in English Literature at UNO.

In Jan's spare time she enjoys refinishing furniture. Both have tried working with the potters' wheel. They like to travel even though trips are frequently interrupted along the way by stops to photograph or explore.

As is often the case, busy people seem to have a knack for making time for themselves and others. Perhaps it is their joy in being alive and together that inspires and keeps this talented trio moving.

Alice Blackstone

JUST LIKE ME

By Louise Wright

I saw them on the bus the other day; they are so different wouldn't you say they don't act or even look like you or me.

I was really glad when one of them didn't sit by me. They are strange and different they don't act or talk like you or me.

Now don't get me wrong and please understand, I have nothing against them! I think they're grand! It's so nice that they can take care of themselves, I think it's just grand. I just wish they looked and acted more like me. But then I wonder every once in a while, what it would be like if everyone were like me, how would it be. Would I be able to tell who was me? But of course that's a little doubt, and I don't let it bother me. I just think they should be just like me.

NOTE by author: I was on the bus the other day and some retarded citizens got on and I suddenly felt these vibrations. I wonder if any one else has had a similiar experience?

* * * * *

LETTER TO THE EDITOR

As a parent who attended the North Central Regional Convention in Lincoln, Nebraska on March 18-19, I am very concerned about the lack of low-income and minority representation. What are the local ARC's doing to get them involved in their organization? Why isn't there more of an effort made to involve them? You might learn something from minorities; they can contribute a great deal to your organization if given the opportunity.

I hope the ARC units will put forth a stronger effort to involve low-income and minorities and have a better representation at the next convention.

Louise Wright
2226 Burdette
Omaha, NE., 68110

* * * * *

Legal Rights for Retarded Citizens
May 8 - 14

1977 Easter Seals
Camp Kiwanis Schedule

	June 19-25	Staff Training
Session #1	June 26-July 1	PH - ages 6-13
Session #2	July 3-8	MR - ages 15-24
Session #3	July 10-21	PH - ages 14-23
Session #4	July 24-29	PH - ages 24 and over
Session #5	July 31 - Aug. 5	MR - ages 8-14
Session #6	Aug. 7 -12	PH - ages 24 and over
Session #7	Aug. 14-19	MR - ages 25 and over

It costs the Nebraska Easter Seal Society \$275 per camper per week to operate the camp. We ask that parents contribute as much as they can toward this total cost, but we wish to emphasize that NO amount is required and NO ONE will be refused service based on ability to pay. For more information contact: the Nebraska Easter Seal Society, P.O. Box 14204, W. Omaha Station, NE., 68114, or call 333-9306.

* * * * *

MADONNA SCHOOL

The members of the Teen Club at the Madonna School are being treated to lessons with Art-Tex. Watch for their fancy denim shirts. ALSO...The Madonna School Council is sponsoring a Hawaiian Luau at the Holiday Inn at 72nd and Grover on May 7, 1977 for the benefit of Madonna School. Anyone interested, call Sister Evangeline, Madonna School, 556-1883.

* * * * *

RECREATION COORDINATOR AT ENCOR

Thanks to a grant from CETA (Comprehensive Employment and Training Administration), ENCOR was recently able to hire a Recreation Coordinator.

Fred Washington, who started on the job on April 15, is the father of four children ranging from 8 to 3 years of age. Fred has an extensive background in athletics and recreation; he is a former player for the Miami Floridians, a professional basketball team in the now - defunct American Basketball Association League. In 1971 Fred went into the Air Force and in 1974 was put in charge of a recreation/athletic program at Ramstein Air Base in Germany. This program served a population of 25,000 military personnel, their families, and German citizens of all ages. Fred and his wife Rita moved back to Omaha in January of this year.

Fred is spending most of April and May in planning future recreation efforts. The Recreation Department, if one is developed, will be much smaller than it once was. ENCOR will be able to provide direct recreation services only to children or adults who are receiving other services from ENCOR. In order to help as many people as possible to find recreation options, in programs which meet as many individual needs as possible, generic recreation resources will be identified and used. If needed, ENCOR will provide training to the staff of these programs. It is not known at this time whether recreation staff can be provided to supervise mentally retarded children and adults in these programs, but volunteers are now being recruited to help out.

Programs developed by the Recreation Coordinator will not replace the dances, bowling leagues, parties and swimming programs now being held by parents and volunteers in The Region VI area. Instead, Fred hopes to stimulate more involvement by the community, by volunteers, and by parents so that more people can participate in a wide variety of recreational activities.

Most Gazette readers are aware that ENCOR's budget for the fiscal year ending on June 30 contains no funds for recreation. One of Fred's first tasks has been preparation of a budget for next year; another has been identification of resources for programs for children for this summer.

At the time of this writing, no information on what will be possible financially can be made available to Gazette readers, because the budgets have not yet been proposed.

As more information is developed, Fred Washington will start sending a monthly newsletter detailing recreation events and programs to clients and parents. Any Gazette reader who would like to receive this newsletter may call and ask for Fred at 444-6500, or drop him a note at ENCOR, 885 South 72nd Street, Omaha, 68114. More specific news about recreation will be forthcoming in next month's Gazette.

STIPENDS ARE AVAILABLE

The Center for the Development of Alternative Services System (CASS) has made available to GOARC members a total of 15 free stipends to attend the workshops listed below. Since these stipends are available on a first come, first serve basis, the sooner you call the office (551-9450), the better will your chance be of receiving a stipend.

- (1) Programs for Severely/Multihandicapped Persons
June 2 and 3
Center for Continuing Education
University of Nebraska Medical Center

Purpose of Workshop: Basic theme is that programs/services to multi-handicapped individuals are not fundamentally different from services to other less handicapped citizens. Focus will be on the integration of programs for severely handicapped within the mainstream of other services.

Additional feedback from potential participants has indicated that the workshop content should emphasize direct service issues. Approximately 75% of the June workshop will focus on direct service issues such as positioning, devicing, prosthetic devices, etc.

- (2) Program Analysis of Service Systems (PASS)
May 11, 12, 13
Ramada Inn, Council Bluffs, Iowa

Purpose of Workshop: PASS is a device for the objective quantification (based primarily on the principle of normalization and the developmental model) of the quality of a wide range of human service programs, agencies and even entire service systems. The major purpose will be to:
present a thorough introduction to PASS which will provide the workshop participants with a more comprehensive understanding of basic program philosophies (normalization, developmental model, etc.).

- (3) Vocational Services for Developmentally Disabled Persons
June 16 and 17
Center for Continuing Education
University of Nebraska Medical Center

Purpose of Workshop: As more severely disabled people move into communities there is a strong need to develop comprehensive and innovative vocational service systems. This workshop focuses on an understanding of and issues related to those services which make up a comprehensive vocational service system and current trends in innovative training and placement alternatives. Special emphasis is given to training and placement alternatives in the mainstream of business and industry.

CALENDAR OF EVENTS

MAY

- 10 GOARC Executive Committee Meeting
7:30 P.M.
- 13 Project II meeting
7:30 P.M., GOARC office
- 16 Pilot Parent Monthly Meeting
CASS Respite Grant
Bay Meadows Clubhouse
9505 Suffolk
- 17 GOARC Board of Directors Meeting
7:30 P.M.
GOARC office



JUNE

- 7 GOARC Executive Committee Meeting
7:30 P.M.
GOARC office

CASS WORKSHOPS

- June 2 & 3 Programs For Severly/Multihandicapped
Center for Continuing Education
University of Nebraska Medical Center
9:00 A.M. - 4:30 P.M.
7:00 P.M. - 9:00 P.M.
- 16 & 17 Vocational Services For Developmentally Disabled
Center for Continuing Education
University of Nebraska Medical Center
9:00 A.M. - 4:30 P.M.
7:00 P.M. - 9:00 P.M.



DON'T FORGET!

**Send Your MEMBERSHIP In ...
TODAY**



A United Way Agency

Ms. Shirley Dean
ENCOR
885 S 72nd St.
Omaha, NE 68114

NON-PROFIT ORG.
U.S. POSTAGE
PAID
OMAHA, NEBRASKA
PERMIT NO. 109

GOARC GAZETTE

June 1977

Sue Bernard



Eddie Felix

**GOARC's 1977 VOLUNTEERS
OF THE YEAR**

TABLE OF CONTENTS

Institution Insights...Miller's Musings.....	1-2
Farewell Statement From John Clark, President of GOARC.....	2-3
One Job: Well Done!.....	3
Meet Our Volunteers of the Year.....	4
Awards - Awards - Awards.....	5-8
Membership Campaign.....	9
Meet the Christiansens.....	10-11
Our Neighbors to the North Make Pilot Parents Work.....	12
Pilot Parents Range Far and Wide/The <u>Gazette</u> Goes On Vacation/Help Wanted.....	13
Something for You and for NARC too!.....	14
Short Stuff.....	15
At Waubonsie in the Spring.....	16-17
What's New with GOYARC...?.....	18-19
A Time To Play.....	19

GOARC Executive Committee: John Clark, President; Ed Skarnulis, First Vice-President; George Armstrong, 2nd Vice-President; Jan Novicki, Recording Secretary; Barb Jessing, Corresponding Secretary; Pat Jung, Treasurer.

GOARC Staff: Tom Miller, Executive Director; Amy Humphries, Administrative Assistant; Lynne MacDonald, Office Manager; Donna Reh, Secretary; Patty Smith, Coordinator, Pilot Parent Program; Carl Sullivan, Client Ombudsperson; Billie Cook, Coordinator Poverty and Mental Retardation Program; Christine Smith, Legal Advocate.

Editor: Cathie Campbell

GOARC is a non-profit organization whose purpose is to provide a strong volunteer support organization for all mentally retarded citizens and their families by advocating for the rights, needs, and full development of these citizens of Douglas and Sarpy Counties. Annual Membership: \$9.50.



A United Way Member Agency

COVER PHOTOS BY ROBERT COLEMAN

Greater Omaha Association for Retarded Citizens
140 South 40 St., Omaha, NE. Ph: 551-9450

BEATRICE-COUNTRY SETTING OR SEPARATION?

On Wednesday, May 4 I went to visit the Beatrice State Developmental Center along with GOARC staff members and some parents. I went because it had been a long time since I had last visited the institution. I wanted to see what changes had been made and to be reminded of the over 300 persons from this area who are in the institution.

When one first goes to the Beatrice State Developmental Center, one notices the tree-lined roads and the beautiful landscape. The impression is that this "is country living at its finest", a place away from it all, a retreat from the outside world. Actually, when the institution was first built, it was meant to be a place where mentally retarded persons could go so they would not "bother" the rest of us. It was designed in the country to remove retarded persons from our midst. When the institution was built, mentally retarded persons were treated as a menace to society, so "treatment" should be apart from society.

When we got to the Beatrice State Developmental Center, we were met at the Administration Building and taken to the Hospital classroom where we were split up into two groups for our tour. Throughout our three-hour tour, we walked from one side of the campus to the other and back again in no particularly ordered fashion. It was almost as though the tour was

designed to tire us out so we could spend less time seeing and talking to the clients.

ADULTS TREATED LIKE CHILDREN

The first building we went to was the TACDAL program which is set up for the lowest functioning clients in the institution. This program is located in the new Carsten's Center which is the institution's new recreational and entertainment center. The building itself was nice and clean. One had to question the appropriateness of the wall decorations, the records in the juke box, and the activities that were being performed. Most of the wall decorations were childish, the records included such hits as "Three Blind Mice", and the activities were quite childish in nature. This would be fine if the center were used primarily for children, but it is not. Adults are the primary users of this center which seems to be geared for much younger persons.

In most of the programs that we went to, childish decor such as pictures of clowns and animals was highly visible even though

adults were served in the programs. When adults are given child-like possessions, when adults play child-like games and activities, and when child-like wall hangings abound, adults will certainly be treated as much younger than they are. The overall effect has got to have a negative impact on their lives.

We visited many programs but did not see very many mentally retarded persons. Most of the programs we saw ran for a short number of hours during the day. It was stated, however, that no client can have more than 3 hours of unprogrammed time during the day.

MILLER'S MUSINGS

Institution **nsights**



Thomas Miller, Executive Director

INSTITUTION INSIGHTS (CONT'D)

HOW MONEY IS SPENT

We went through buildings that were old and decrepit and still used for dormitories, and we saw new cottages which serve 16 persons each. The thought that entered my mind is that a great amount of money went into building cottages that could have been used to provide for services in the persons' own community close to his/her parents and friends.

The Horacek vs. Exon law suit has had an impact. Several years ago the majority of clients had very few programs and many had none. Residents were working at the institution for nominal wages. There was major abuse of rights. Now, much of that has changed. However, it appears as

though many adults are still being treated like children. It appears as though the intensity of many programs is weak and that many people are not receiving what they need in the way of appropriate services and programs.

So, although things have changed, many things have remained the same. As institution segregates from the mainstream of society and therefore cannot teach people appropriate behavior. Institutional life cannot duplicate the "real world." So, as much as possible, we who advocate for handicapped persons should strive to provide community living and community opportunities for mentally retarded citizens.

FAREWELL STATEMENT FROM JOHN CLARK, PRESIDENT OF GOARC

Rather than an historical chronology of the good and bad of the last two years, I would like to make some general observations about the "State of the Union" as my term expires as GOARC President.

as I would have liked. However, the past is past and outside of trying to learn some lessons for the future, dwelling on past failures produces little worthwhile results.

The success of our past efforts have certainly not been as great

Rating any past success is also unnecessary. Any good that has been accomplished was achieved through a group effort. All of us that have contributed to that effort realize that we could not have succeeded without each other.

The main task before us requires everyone to be an optimist who dwells in the present and focuses on the future. Only a pessimist continually drums up the past. There are many objectives that need to be accomplished. The following are only a few:

1. A recreational program that is not just part-time, but interwoven into the lives of those who desire it on a regular basis.
2. A steady stream of individuals from the institution who desire community services.

FAREWELL STATEMENT FROM JOHN CLARK,
PRESIDENT OF GOARC (CONT'D)

3. No one in the area having to be denied services in the community.
4. A new director for ENCOR.
5. Financial solidarity for ENCOR and GOARC.
6. A new look at Citizen Advocacy.

These are but a few of the important issues that the Board and Executive Committee will be asked to address in the coming year. The only way that any success can be achieved is for you to be optimists who deal in the present and for you to work together for the future. I'm sorry to say that the top of the mountain has not yet been reached, but I'm happy to say that at least the climb has gotten well under way.

ONE JOB: WELL DONE!

GOARC didn't know how lucky it was the day John Clark, previously unknown and relatively inexperienced, offered his services to our association. Not much was known about him except that he was the parent of a child at the Developmental Maximation Unit and his wife had gone through Pilot Parent training. However, in the two years that he has been President of GOARC, John Clark has made his presence known. John became president of GOARC at a time when most of us would have run away from the position. When he came, John Clark was faced with working with a new executive director, with a board that was not very cohesive, and with the onset of the ENCOR funding crises. John took his role as president seriously and, from the beginning, became a man of action. He organized two marches to Lincoln, spent numerous evenings working with ENCOR staff on understanding ENCOR's financial situation, and became a true leader during difficult times.

John's optimism throughout his term as president was unending. During the roughest times John would work on solutions. He never gave up or became pessimistic. His philosophy that nothing was so bad that it couldn't be improved by hard work helped him through many difficult times.

All of us at GOARC wish to thank John for his dedication and enthusiasm during the past two years as president of GOARC. At all times his strong leadership held us together. For this, we are very grateful.

Meet Our Volunteers of the Year

EDDIE FELIX

By: Billie J. Cook

May 5, 1977 is a night that will be remembered by many people. It will be especially important to the family of Mrs. Eddie Felix. She was selected as one of the two people to receive the Volunteer of the Year Award presented by GOARC during their Awards Night ceremonies.

Recipients of the awards were totally surprised by their nominations. In order to keep Mrs. Felix off guard, she was led to believe she had to present an award to Tom Miller, Executive Director, for his campaign on smoking.

Mrs. Felix is the mother of five children. She is involved in her children's school activities and devotes many hours of advocacy in special education at the public schools. She strongly believes that if each parent advocated for quality programs and services in the schools and the community for the handicapped, it would not be necessary to have special interest groups for this purpose.

She spends her time advocating for handicapped people and their families. She does this through the Special Education Advisory Committee to the Omaha Public Schools, parent representative for her son's classroom at Hartman School, Pilot Parents, Education Advisory Committee to ENCOR's Office of Planning, GOARC's Board of Directors and serves on the Steering Committee of the Action Committee on Poverty and Mental Retardation.

When asked what she does in her leisure time, she smiled and stated, "I attend committee meetings."

SUE BERNARD

By: Linda Lund

More than four years ago, beautician Sue Bernard visited the Behavior Shaping Unit to style the hair of the daughter of one of her customers. That day, every client at the residence had his/her hair styled and Susie has been involved with ENCOR ever since.

Susie has been giving free haircuts to mentally retarded children and adults regularly, many of whom could not be served in a regular barber shop or beauty salon. By helping them with grooming, Susie has given special attention to those clients who have a poor self-image, and has worked well with clients who have behavior problems.

Susie has contributed thousands of volunteer hours working with GOARC's annual Cut-A-Thon. She continues to style and cut clients' hair both at the residences and in her shop. By bringing cosmetology students to the residences, Susie is helping to educate them in working with handicapped people.

The quiet contribution of her time and attention over the last four years has not gone unnoticed, nor has the invaluable assistance to many, many ENCOR clients. Needless to say, Sue Bernard is truly deserving of this year's award.



Jan Novicki
Moderator



Mrs. Dodson
Teacher of the Year

awards • awards • awards • awards



Chris & Peggie Christiansen
Pilot Parents of the Year

All of these smiling faces you see have reason to be proud. On Thursday, May 5, GOARC held its annual Awards Night Program and honored these members for their outstanding progress, dedication and positive assistance to mentally retarded citizens during the past year.

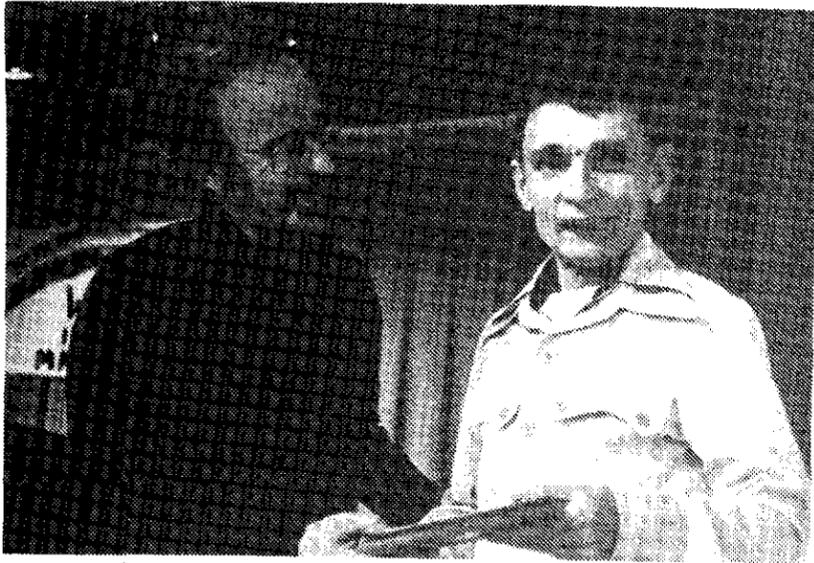
Some are faces you know and some are new. But all bear out the theme of the evening - - "WORK IS LOVE MADE VISIBLE". GOARC commends and congratulates all recipients and a special thanks, also, is extended to the following individuals who served on the Awards Committee: Peggie Christiansen, Bev & Helen DeMay, and Bonnie Shoultz.



*Roger Gunn
Outstanding Progress-Adult*



*Kathy O'Sullivan
Employee of the Year*



*Right: John Felton
Outstanding Progress-Adult*

Left: Presentor, Gene Loftis

*Vicky Kelly
Outstanding GOYARC Member*



*John Clark
President's Award*





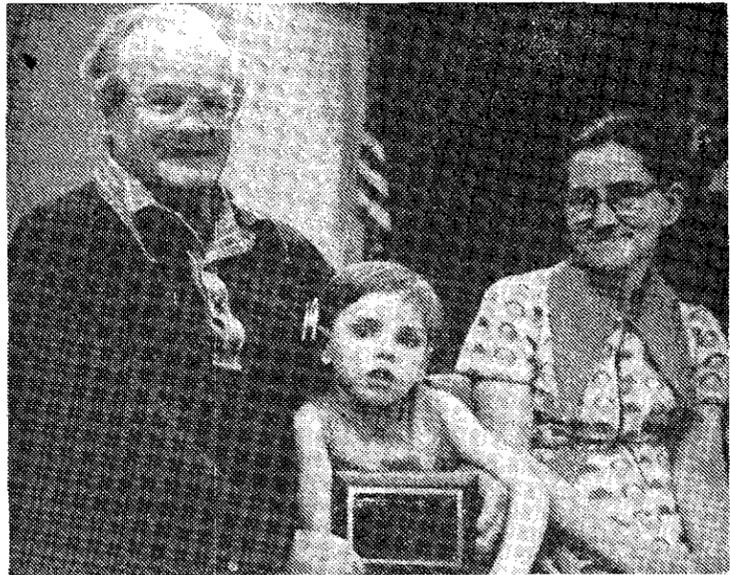
*Judy Nichol森, Distinguished Service
Dave Powell, Presentor*



*(L to R) R. Loomis, J. Clark, D. Menousek
accepting for Coco's Famous Hamburger's,
Employer of the Year Award.*



*Ruby Huebner
Outstanding Service*



*Outstanding Progress-Child
Ryan Johnson and his parents*

*Anne Marie Aita Mulligan
Distinguished Service*

Tom Miller, Presentor





*Heidi Davies, Outstanding GOYARC Member
Chris Beem, Presentor*



*Ed Trandahl, Advocate of the Year
Tom Blackstone, Presentor*



*Stephen & Mrs. Chuchka, Proprietor,
Space Lanes, Organization of the Year*

*Across: Don & Jane Grimm
Parents of the Year*

*Robert Coleman, Distinguished Service
Patty Smith, Presentor*



Photos by Robert Coleman and Ed Trandahl

MEMBERSHIP CAMPAIGN

MAY 16 ~ JULY 1 '77

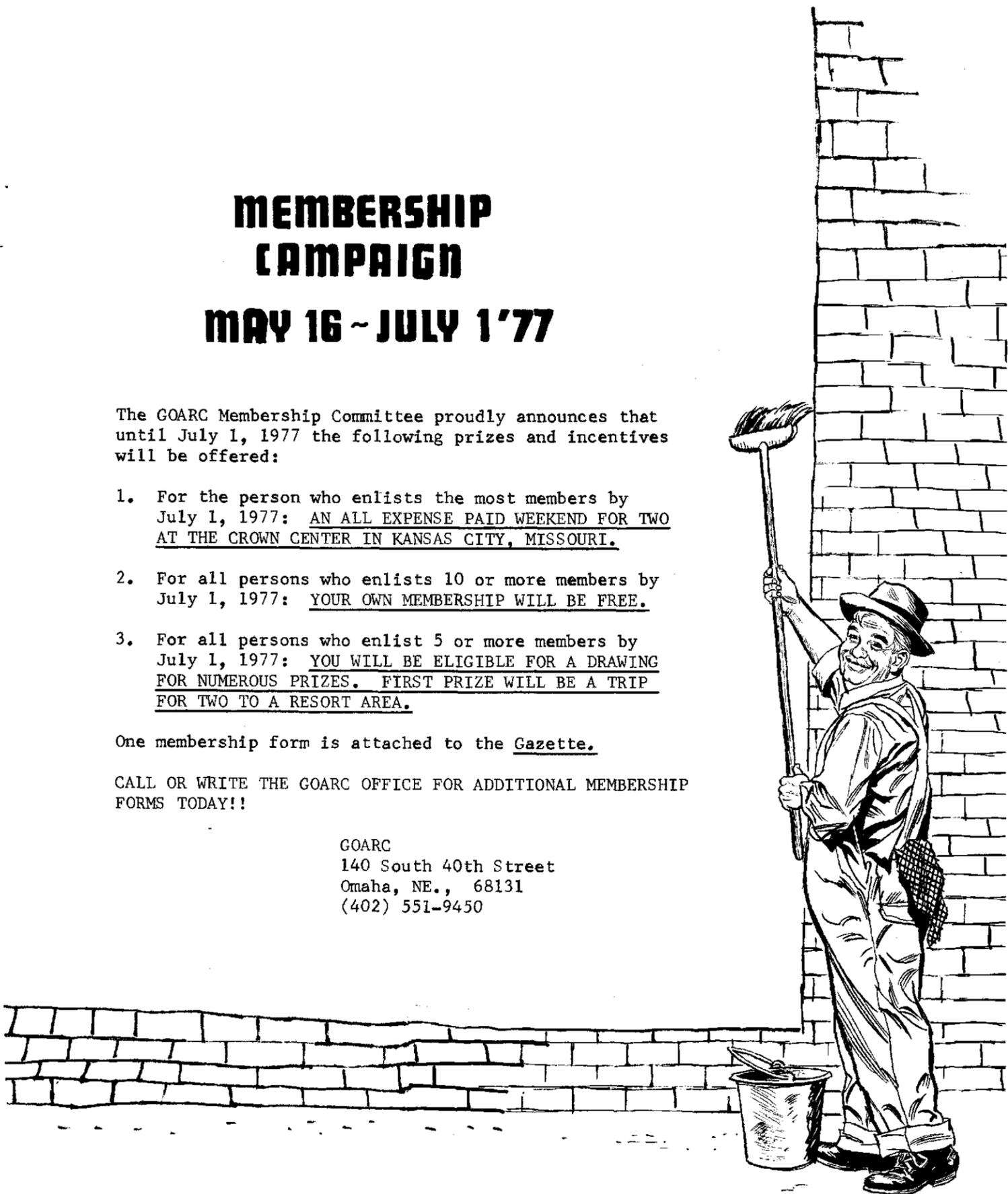
The GOARC Membership Committee proudly announces that until July 1, 1977 the following prizes and incentives will be offered:

1. For the person who enlists the most members by July 1, 1977: AN ALL EXPENSE PAID WEEKEND FOR TWO AT THE CROWN CENTER IN KANSAS CITY, MISSOURI.
2. For all persons who enlists 10 or more members by July 1, 1977: YOUR OWN MEMBERSHIP WILL BE FREE.
3. For all persons who enlist 5 or more members by July 1, 1977: YOU WILL BE ELIGIBLE FOR A DRAWING FOR NUMEROUS PRIZES. FIRST PRIZE WILL BE A TRIP FOR TWO TO A RESORT AREA.

One membership form is attached to the Gazette.

CALL OR WRITE THE GOARC OFFICE FOR ADDITIONAL MEMBERSHIP FORMS TODAY!!

GOARC
140 South 40th Street
Omaha, NE., 68131
(402) 551-9450



MEET the CHRISTIANSENS

S
P
O
T
L
I
G
H
T

"Why are Randi's eyes different?"

"Why is your hair brown?"

"Because God made it that way."

"That's why Randi's eyes are different.
God made them that way."

If you want to go fancy, you could call this the Socratic method. In a nutshell, it's Peggie Christiansen's gentle way of helping curious five-year olds and their elders find answers to why individuals seem different. In her quiet, unassuming way, this sensitive mother of six promotes the philosophy that we are all "God's children." She does it courteously and so effectively that her immediate family has caught on and more and more it will seep through the community in which she lives.

"I never introduce Randi as a handicapped child," she said, explaining her aversion to stereotyping. "Most people have set images of how a mentally retarded person should look and behave. They're individuals just like you and me."

Peggie believes their lives have been enriched by their five-year old Down's Syndrome daughter. Petite, blue-eyed Randi, her thick blonde braids reaching almost to her waist, is their youngest child and fifth daughter. Luckily she has good speech patterns and the heart condition diagnosed at first seems to be causing no trouble. With the help of a visiting nurse, Peggie trained her to keep her tongue in her mouth, a characteristic that often detracts from the appearance of this type child.

"We didn't have to go out and look for help," Peggie commented. "It just came to us. A couple came to visit soon after Randi's birth. Our first thought was they were from our church." Instead, they were Pilot Parents, the Leighton Goodriches, offering understanding and help. Because of this, the Christiansens feel an

MEET THE CHRISTIANSENS (cont'd)

obligation to help others surpassed only by their deep satisfaction in being involved. Little wonder they were named Pilot Parents of the Year at the GOARC Awards Night this year.

Peggie prefers working with parents of Down's Syndrome children because she is familiar with their special needs and knows they have potential.

Like any other young lady, Randi, a full-time student at the Madonna School, notices and wants to be like her peers. When her mother asked why she wanted a long dress to wear to Sunday School, her reply was typical: "Because the other girls do." Her parents brought her a long dress when they returned from a cruise on the Caribbean last winter. Now she wants a purse. One of these days she will be wearing a special long dress as flower girl in sister Karen's wedding. Her brother and sisters are proud of her; offers for outings are frequent.

Although camping continues to be a favorite pastime, the Christiansen crew is diminishing as it usually does when children become old enough to plan their own activities. Dale, age 24, is married and the mother of Peggie and Chris's two grandchildren. Karen, 23, works for Nebraska Furniture Mart. Chris, 21, their only son, is a rod man in a surveying crew and has his own digs. Meg, 17, is a student at Northwest High and Nancy, 13, is a family celebrity as well as a student at Morton Jr. High. Last summer she was chosen to participate as one of three girls to represent Nebraska in a sports event, WAY OUT GAMES, held in California and taped on Magic Mountain by CBS. Naturally the Christiansens were in the viewing TV audience.

When the family moved to Nebraska eight years ago after a lifetime in New Jersey, leaving friends and relatives behind, they weren't sure they wanted to stay. Now, however, they have made new friends, especially through GOARC and Pilot Parents and they consider this their home.

Chris, senior, is a supervisor in a tannery but not one whose white collar deters him from pitching in and doing whatever needs to be done. One of his chief joys is flying the plane jointly owned by him and his boss. He has been President of the Camping Club and shares a love of sports -- skiing, roller-skating, swimming, etc. with his children. Peggie doesn't count herself too sports oriented but always goes along. With a mischievous grin she confided that her bowling average is better than her husband's -- the only thing she can do better than he. Basically a non-joiner, she has done her share of working with youth groups. With a chuckle, she confessed housework doesn't enthrall her but she likes being a homemaker and mother and enjoys macrame and crotchetting.

What will this busy couple do when the nest is empty? They both like to travel. Their interest in Norway was recently heightened when they entertained house guests from there. Chris, whose family originated there, particularly enjoyed asking questions and exchanging information.

Looking at the snapshots of their six healthy, Nordic-type children and grandchildren, I wondered how Peggie and Chris found time and energy for so many worthwhile activities. Then I remembered -- Exceptional children usually have exceptional parents, or is it vice-versa?

Alice Blackstone

]]

OUR NEIGHBORS TO THE NORTH MAKE PILOT PARENTS WORK

Perhaps some of you will recall my writing an article back in 1974 telling of my experiences in Toronto, Canada talking about the Pilot Parent Program to a Seminar on ComServ (ComServ is a program similar to ENCOR developed by the Canadian government to serve retarded persons across Canada).

Imagine my surprise when I read in an article in the current copy of the magazine, Deficience Mentale/Mental Retardation, published by the National Institute on Mental Retardation about the progress of the parent programs in Canada. The article consists of reports from four of the nine pilot parent programs in Canada. The first pilot parent program began in the Spring of 1974 in Toronto, Canada. This group, the Metro Toronto Pilot Parents, received more than eighty referrals from various sources in less than three years. There are now similar parent-to-parent programs operating in other parts of Canada. These groups are found in Calgary, Alberta; Edmonton, Alberta; Lethbridge, Alberta; Saskatoon, Saskatchewan; Guelph, Ontario; London, Ontario; Downsview, Ontario; Halifax, Nova Scotia; St. John's, Newfoundland.

Zelda Gorlick, Coordinator of the Metro Toronto Pilot Parents, writes in her article, "A Vital Service for Parents of Mentally Handicapped Children", "Pilot Parents really works; there are many grateful new parents who can testify to that. Perhaps the reason that it works so well is that it focuses on people first and handicaps second." Proof of this statement and the need of a parent program can be seen by the report from the London Pilot Parents by Mrs. Rose Marie Wood. She writes:

"Our first year was most encouraging with 8 requests for assistance from a minister, a doctor, a public-health nurse and our Developmental Day Center. In all cases they were young mothers, whom we helped by phone calls and short visits. This past year we have not had one referral, and were seriously considering letting the group disband. In this city we are fortunate in having the Children's Research Institute, which serves all of South-Western Ontario, for evaluation, testing, genetic counselling, Parent-Relief and new programs of early infant stimulation. It appeared that most of the needs of parents were being met by experts. However, just last week, CPRI contacted us and are eager to assist us. The recent publicity in our city regarding Down's Syndrome babies has convinced many of us that there is definitely a place for a 'Parent-to-Parent' group along with all the other facilities available."

I hope that all those who were on the original committee and the original pilot parents do feel the same inner excitement that I feel when I realize that we actually had a hand in the development and growth of this program. We really started something!

(Author's note: I hope everyone will take the time to read of the progress on the programs in Canada, and when you do, I sincerely hope you will feel the same "button-busting pride" that I do in the knowledge that this program which is spreading like wildfire here in the United States as well as in Canada is a program started right here in GOARC. A copy of the article may be obtained by calling the GOARC office, 551-9450.)

PILOT PARENTS RANGE FAR AND WIDE

In the recent weeks, members from the Pilot Parent organization have been on the road to tell other communities about Pilot Parents and what we're all about. In April, Patty Smith had the opportunity to conduct workshops in Little Rock, Arkansas at the State ARC Convention, and in Oklahoma City at the Oklahoma State ARC Convention. Another evening in April found Fran Porter, Sherry Bauer, and Shirley Dean travelling to South Sioux City, Nebraska, to do an orientation session for a new Pilot Parent training program. During May, Fran and Sherry are going to travel to Kansas City, Kansas to the Johnson County ARC to do a workshop presentation for their already initiated Pilot Parent Program along with their ARC members. Cheri Dean and Alice Blackstone presented to the Nurses Association of the American College of Obstetrics/Gynecology at their April meeting at Brian Memorial Hospital.

For all of these programs that have been presented, we have had beautiful thank you letters, praise, and just "good strokes" in general. It is great to see so many communities latch on to the Pilot Parent concept and to be a part of the rapid replication that is happening in pilot parenting.

THE GAZETTE GOES ON VACATION

After the long winter, we all need a chance for rest and relaxation in order to refresh and renew our lives. Because of the pleasant weather and school vacations, summer seems to be the choice of most people for free time. The GOARC Gazette will be on vacation from now until August 1, when we hope to return renewed, refreshed, and renovated. So happy summer Gazette readers.

HELP WANTED

GOARC is in the process of recruiting volunteers to serve on the Telephone Calling Committee.

The volunteers are responsible for contacting the membership of GOARC for General Membership Meetings, special meetings, and used for emergency purposes.

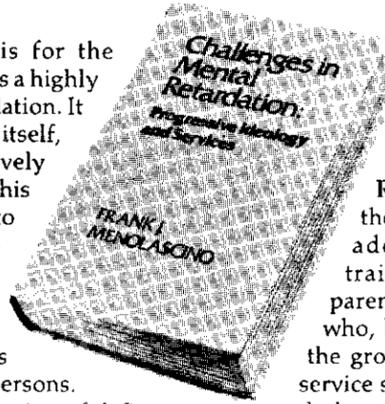
The time involved is only a few hours every other month, starting in September.

If interested, please call Billie Cook, 551-9450.

Something for you—and for NARC too†!

Challenges in Mental Retardation is for the expert and the non-expert alike. The book is a highly effective survey of the field of mental retardation. It ranges from the definitions of the symptom itself, to the shape of services necessary to effectively aid mentally retarded individuals. From his perspective as a psychiatrist, a consultant to mental retardation systems and as President of the National Association for Retarded Citizens, Dr. Menolascino has distilled a view of the field that is comprehensive as well as personal. It also is accessible to both professionals and lay persons.

Between the first chapter, a formal discussion of definitions and treatments; and the last, a compassionate summing-up, lies a systematic approach to the major issue in the field: the form and method of effective services. **Challenges in Mental Retardation** explains and applies the two progressive ideologies of normalization and the developmental model, which have greatly helped to define and motivate new services for mentally retarded citizens. Because both principles clearly demand that programs for retarded persons be based on the community level, Dr. Menolascino addresses certain fundamental issues in the management of community-based programs, including the sexual education of the retarded. In addition, he describes in detail a modern service system, currently in operation, which embodies the principles of normalization and the developmental model. The author examines the topical matter of deinstitutionalization; delineates the various controversial aspects of the federal mandate to reduce the population of institutions, and suggests ways in which community-based programs can help those sometimes "hard to serve" retarded persons now leaving institutions. Finally, special treatment-management challenges in the field are discussed, such as working with



the emotionally disturbed retarded individual, the mentally retarded offender, as well as the occasionally troubled parents of the retarded.

The appeal of **Challenges in Mental Retardation** is not limited to professionals in the field. Throughout the book, Dr. Menolascino addresses all those persons—teachers and trainers, physicians, human service workers, parents of retarded persons, concerned citizens—who, by their attitudes and actions, can influence the growth of retarded citizens. Community-based service system personnel, he feels, can have a particularly strong and useful impact on the lives of their clients. The author stresses the importance of normalizing attitudes as the beginning method to redeem our past and present models of care with programs and services through which retarded persons can take their rightful place in the mainstream of our society.

TABLE OF CONTENTS

- Introduction**—A critical Look at the Definitions and Treatment of Mental Retardation.
- Section I.** Modern Ideological Trends and Needs (1) Mental Retardation: Its Treatment, Past and Present; (2) Modern Ideological Trends and Their Implications; (3) A Pressing Need: Applied Research.
- Section II.** Unique Social-Behavior Challenges in the Mentally Retarded (4) Overview of Emotional Disturbances in the Mentally Retarded; (5) The Mentally Retarded Offender; (6) Sexual Problems in the Mentally Retarded.
- Section III.** Practical Issues in Management: (7) Providing Child Development Services for the Retarded; (8) Recurrent Problems for Helping Parents to Cope More Effectively; (10) The Potential of Community-Based Services for the Mentally Retarded: The Example of ENCOR; (11) De-Institutionalization.
- Epilogue.** (12) To Redeem the Present: Reflections on Progressive Change in Services for the Mentally Retarded.

Order Form

Order your copy now from:

NATIONAL ASSOCIATION FOR RETARDED CITIZENS
P.O. Box 6109 Arlington, Texas 76011

Please send me _____ copies of *Challenges in Mental Retardation*: by Frank J. Menolascino, M.D. at \$9.00.

I have enclosed \$ _____ to cover the cost of the book plus \$.95 postage and handling.

Name _____

Address _____

City _____ State _____ Zip _____

†For each copy purchased through NARC, Dr. Menolascino will donate the author's royalty.

14

* AVAILABLE ONLY UNTIL AUGUST 1

SHORT STUFF

This article's title refers to some small lists of information to share. But it seems to also fit the first item, a description of the new GOYARC President - Heidi Davies.

Heidi will graduate from Westside High School this month. Many honors follow her accomplishments there. The University of Nebraska at Omaha has named her a Regents Scholar. Westside saw little of Heidi during this final semester as she was assigned to their student intern program. Her assignment followed her interest in mental retardation as she worked in the Office of Planning at ENCOR.

It has been a good year for GOYARC under Vicki Kelly's leadership. Membership has grown and the old GOYARC enthusiasm has caught fire again. No longer a President, Vicki is taking on the traveling ambassador role. She will leave for Paris in July as the Lion's Club International selection for their student exchange program.

Vicki graduates from Burke High School as does Jeff Landolt. Westside's class includes Heidi and Jodi Nadler; Janet Ratigan will have her diploma in the summer. Ryan High graduates Terry Norwood. No one is finishing up special education this year although a number of members are working their way through pre-vocational programs.

Finally, the Rotary Club is giving serious consideration to "adopting GOARC's youth" as their service project. Proposals have been asked for and youth have met with Rotary representatives. GOYARC has asked for professional assistance as well as financial support from the Rotary.



In one of her first executive decisions, Heidi Davies explains to Craig Green why she chose this flavor out of the 31 choices at Baskin and Robbins. Craig seems pleased.

Patrick Henry
GOYARC Coordinator

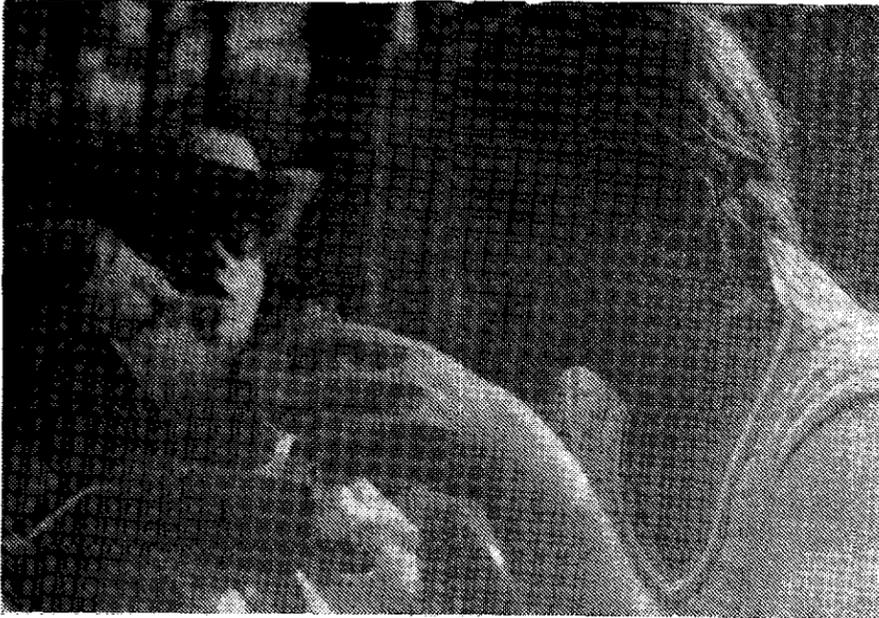


At Waubonsie in the Spring

Gina Clark spends some quite time with Sue DeMay and Waubonsie's "fuzzy" dandelions.



That's Mike Cook dangling from the pole. The gang around him has a friendlier look than the hunting party they are pretending to be.



"Come on, Josh, drink up", says Sue Halvorson. Mike Warsocki looks on as Joshua Steiner finishes up his picnic supper.

It's a fine place to be. Waubonsie State Park is located in the bluffs of Iowa. GOYARC spent a Sunday there till dark when the lights of Nebraska City could be seen across the River.

Youth activities are generally shared by teens and young adults who make up GOYARC. This time the kids from ENCOR's Developmental Maximation Unit (DMU) also came along.

There is a summer of youth activities ahead. GOYARC is an integrated group of youth, some having problems with retardation and some who don't. Projects into Advocacy and Public Attitudinal Change areas will also get attention in the coming months. Susan Halvorson, GOYARC's new Vice-President, can be reached at 571-2507 with more information.



Steve Beem may not forget that "he who throws water might himself get wet". Heidi Davies, Chris Beem, and Janet Ratigan haul the offender to a pump where they'll wash away his spunk.

WHAT'S NEW WITH GOYARC...?

Lots! To start off there are some new youth officers. Heidi Davies succeeds the retiring Vicki Kelly who leaves for Paris in a month. Actually it's more a student-exchange situation than being put out to pasture at 17. Heidi's fellow leaders for the year ahead are Sue Halvorson as Vice-President and a new Secretary/Treasurer, L.D. Davies.

Chris Beem is the new Youth Representative to the GOARC Board. Together these officers will name a cabinet to head up the youth thrusts in Public Attitudinal Change, Activities, and Advocacy. A decision awaits their action as to whether to name a leader for the AWARENESS Program which will expand to involve young adults in varied activities.

Speaking of activities, mark up your June calendar because here is what is ahead.

June 3 (Friday) New Years Party

New officers and new ideas, so happy New Year GOYARC! We'll meet at 219 S. 96th Street (391-6758), this is the home of one of Heidi's relatives. Party starts at 8:00 PM. Bring your swimsuit and plan to get pushed in the pool sometime during the night. Well, not really -- the water should be fine if you want to get in. At midnight, all the traditional New Year's Eve gala.

We'll be bringing back the "old" that night too. GOYARC youth from the 8 year history will be welcomed. This is Sue DeMay's (391-7499) idea. Heidi Davies (391-0669) and Vicki Kelly (397-1054) will help her. Give a call...and come.

June 4 (Saturday) GOYARC Meet NebARC

The youth thrust is actually no different than what the parent groups are out to accomplish. This point was made at the NebARC Convention, and now work will begin on a constitutional revision to bring both groups together.

June 10 (Friday) Friday Night Softball

Chris Beem (333-8169) will captain the GOYARC team against the staff and residents of the ENCOR Children's Residence. Chris and Kathy Wakefield (ENCOR-345-9717) are finding a field for the game at 7:00 PM.

June 17-18 (Friday & Saturday) Viking Lake Camp-out

Leave at 5:00 PM from Pat Henry's place at 2013 Benson Garden Road (397-3315). Heading to Viking Lake State Park in Iowa for supper that night. There is water for swimming and boating and a good campground. After the overnight and Saturday in the area, we'll return to Omaha by 10:00 PM on Saturday. Sunday is Father's Day. Chris Beem (333-0869) will be planning how to beat off the mosquitos, what's for supper and all of the rest. Give him a call, and plan to come.

June 25 (Saturday) Horseback Riding in Bluffs

We'll get the horses up early on the weekend. Meet at Crossroads at 8:30 AM for the trip to Iowa. Terry Lee Norwood (331-5928) has the details on the cost of

WHAT'S NEW WITH GOYARC (cont'd)

riding and lunch at a famous restaurant (McDonald's). Plan to be back at Crossroads at 1:00 PM.

June 28 (Tuesday) Parent Pot Luck

Patty Vance (393-4238) organizes what GOYARC seems to do best - meet and eat. This time parents are asked to join in with the group their sons and daughters spend so much time with. Set some time aside - 6:30 PM til dark - to share with your friends and folks at Hanscom Park.

See You This Summer!

A TIME TO PLAY

The ENCOR Recreation Program, which was reactivated in April, has been extra busy seeing that mentally and physically handicapped persons will have a variety of leisure-time activities. The goal is to make certain every handicapped person is involved in some recreational program by providing information to the GAZETTE and other media sources.

By scouting around town, we have obtained a list of recreational programs available. A few of the agencies sponsoring programs are: The Downtown YMCA (day camp), West YMCA (fun & fitness), the city parks' recreation facilities, the Boy Scouts, the Christ Child Center, the Jewish Community Center, and the Social Settlement Agency. All of these programs offer a wide variety of activities, which include learn-to-swim programs, arts and crafts, cooking, gardening, gym, basketball, and a variety of sports. The same activities do not take place at all facilities.

In addition, there are several special projects, Project Embrace and Project YOU, which will be available either part or all of the summer. Project Embrace has a combination of programs which not only provides a wide variety of recreational activities, but also some tutoring and classroom help as well.

The ENCOR Recreation Department will act as a referral agent, keeping you informed on all the happenings.

Any questions, please feel free to contact Fred Washington at 444-6500.

KNOW YOUR RIGHTS:

LEGAL WORKSHOPS FOR PARENTS

WHAT: The Legal Services Project for the Mentally Handicapped is offering a series of workshops this summer on legal rights of mentally retarded persons.

WHO: The workshops are designed with parents in mind. However, all interested persons are invited to attend.

WHERE: GOAPC
140 South 40th Street
Omaha, Nebraska

WHEN: A series of three sessions will be offered during the summer. Each session will be repeated once. Sessions will begin at 8:00 PM and last until approximately 10:00 PM.

SCHEDULE: I. Basic Principles of Legal Advocacy for the Mentally Retarded

Wednesday, June 22 & Tuesday, August 2
8-10 PM

- (1) parent's role in legal advocacy
- (2) basic rights of mentally retarded persons
 - a) Constitutional rights and leading cases thereon
 - b) Federal Rehabilitation Act of 1973, § 504 & § 503 (a Civil Rights Act for the Handicapped).
 - c) Nebraska Fair Employment Practices Act (employment discrimination).

II. Planning for the Future

Wednesday, July 6 & Tuesday, August 16
8-10 PM

- (1) guardianship and conservatorship
- (2) estate planning

III. Special Education

Wednesday, July 20 & Tuesday, August 30
8-10 PM

- (1) Federal Education for the Handicapped Act (P.L. 94-142)
- (2) Nebraska Special Education Act (L.B. 403)
- (3) Constitutional rights to appropriate placement and evaluation, least restrictive alternative

SUMMER RECREATION OPPORTUNITIES

FIELD TRIPS FOR CHILDREN

JUNE	Activity	(# can go)	Time Tour Begins
14	Northwestern Bell Tour	30	1:00
17	Henry Doorly Zoo		
23	KETV Tour	25	10:00 A.M.
25	Fontenelle Forest Field Trip	30	10:00 A.M.
	Arrows to Aerospace Field Trip	50	
29	Guys Foods (must be 6 years of age or older)	40	2:00

SUMMER ACTIVITIES FOR YOUNG ADULTS

JUNE	Activity	(# can go)	Time
4	Dance at Benson Park	any #	7:30-10:30
11	Field trip to Desoto Bend Wildlife Refuge	50	
15	KETV Tour	25	3:00
18	Field Trip to Lincoln		
21	Northwestern Bell Tour	30	1:00
25	Hummel Park Field Trip & Picnic		
26	Arrows to Aerospace Tour in Bellevue	50	
28	Union Pacific Museum	30	2:00

DAILY PROGRAMS FOR CHILDREN

Fun & Fitness - June 13-June 22 at 12:30-3:30 PM - \$13.50 per week - West Omaha "Y" - pool, arts, crafts, gardening, cooking, gym.

Christ Child Center Daily Program - June 18-August 1 at 10:00-2:00 - \$7.00 for entire program - k-6 - music, swimming, arts and crafts, gym.

Social Settlement - June 13-17 or June 20-24 at 9AM-4PM - \$10 per week or \$18 for 2 weeks - grades 3-9 - different activities each day.

Project Embrace - June 19-June 25 at 10AM-3PM - First Lutheran Church, 31st & Jackson Sts.

Lowe Avenue Presbyterian Church, 40th & Nicholas St.

Carter Lake Community Church, 9th St. & Ave "K".

Augustana Lutheran Church, 38th & Lafayette. Various activities, sports, swimming, skating, field trips, etc.

Also, beginning June 18th at the North YMCA, a program for severely and profoundly retarded children will be held from 11:00 AM to 3:00 PM five days per week.

Enrollment in almost all programs is limited and on a first come, first served basis. To sign up call Fred Washington at ENCOR, 444-6500, no later than June 6th.

CALENDAR

JUNE

7 Executive Committee meeting, 7:30 P.M. at the GOARC office.

10 Paramedical Techniques in the Classroom June 10-July 1, 1977
 This workshop is designed for parents, aides, teachers, and administrators who want to become more knowledgeable and competent with techniques used by paramedical personnel. There is no cost for the workshop unless the course is taken for graduate credit. Classes will be held at UNO. The initial class meeting will be on Friday, June 10, 7:00-9:00 PM. Thereafter the class will meet June 13-July 1, Monday through Friday, 1:15-4:15 PM. Call GOARC (551-9450) before June 8 to enroll.

11 New Board and Executive members orientation, 9:30 A.M.-1:00 P.M. at Beacon Hill Clubhouse, 93rd & Maplewood Blvd.

21 Board of Directors meeting, 7:30 P.M. at the GOARC office.

AUGUST

1 Pilot Parent Picnic for pilot and piloted parents. The picnic will begin at 6:00 P.M. at Coopers Farm (8705 Mormon Bridge Road).

21 Pilot Parent Monthly Meeting at Boys Town Institute at 7:30 P.M. There will also be a tour of the institute.

FILMS SPONSORED BY PILOT PARENTS

The films are for all interested persons, and will be shown at the GOARC Conference Room. Moderator will be Anne Thomas, Social Service Department of MCRI.

Time 1 - 3P.M.

JUNE	
21	"Coming Home"
28	"A Little Slow"
JULY	
5	"Handicappism"
12	"Harold & Cynthia"
19	"Out of the Darkness" (Revised)
26	"Like Other People"

Mr. Shirley Dean
 REC'D
 885 S 7th St.
 Omaha, NE 68114

NON-PROFIT ORG.
 U.S. POSTAGE
 PAID
 OMAHA, NEBRASKA
 PERMIT NO. 109

GOARC Gazette

JULY-AUGUST 1977



Ed and Leanna Skarnulis

A NEW PRESIDENT FOR GOARC

(story pg. 10)

TABLE OF CONTENTS

Where Do We Go From Here	
Tom Miller.....	1 - 2
A Message From GOARC's New President.....	3
Who's Who on the Board of Directors.....	4
Pilot Parents' News Corner.....	5
GOYARC.....	6
Action Committee on Poverty & Mental Retardation.....	7
ENCOR.....	8 - 9
GOARC Portraits	
Ed Skarnulis.....	10-11
Tom & Cheri Dean.....	12-14
Ken Kontor.....	15
"Short Shorts".....	15
Book Review.....	16
Lead Screening Program.....	16

GOARC Executive Committee: Ed Skarnulis, President; Tom Upton, First Vice-President; Pat Jung, 2nd Vice-President; Jan Novicki, Recording Secretary; Pat Henry, Corresponding Secretary; and Chuck Stradford, Treasurer.

GOARC Staff: Tom Miller, Executive Director; Amy Humphries, Administrative Assistant; Lynne MacDonald, Office Manager; Donna Reh, Secretary; Patty Smith, Coordinator, Pilot Parent Program; Carl Sullivan, Client Ombudsperson; Billie Cook, Coordinator Poverty & Mental Retardation Program; Christine Smith, Legal Advocate; Ken Kontor, Public Relations Assistant.

Editor: Cathie Campbell

GOARC is a non-profit organization whose purpose is to provide a strong volunteer support organization for all mentally retarded citizens and their families by advocating for the rights, needs, and full development of these citizens of Douglas and Sarpy Counties. Annual Membership: \$9.50.

PHOTO CREDITS - Robert Coleman: Cover and pages 1, 11, 13, and 14
Pat Henry: Pages 2 and 7



A United Way Member Agency

Greater Omaha Association for Retarded Citizens
140 South 40 St., Omaha, NE. Ph: 551-9450

Where Do We Go From Here ?

At the end of May there was an orientation session at the Old Mill Holiday Inn Ballroom to discuss ENCOR's five year planning session. The ballroom was packed - over 200 people were in attendance including mentally retarded people, parents of mentally retarded children, politicians, businessmen, and other interested citizens. They were there as members of one of ten planning committees. GOARC members are represented on all committees and will have their say in all planning efforts. What follows are some excerpts from a talk I gave entitled, "Where Do We Go From Here?".



THOMAS MILLER

"We're all here to work together on a plan which will affect the lives of mentally retarded citizens for many years to come within the ENCOR area, Region VI. Our task is different from that given to those who planned ENCOR's programs in 1968. Those planners did not know if mentally retarded persons could live in the community. They weren't sure that integrated and dispersed services would work. They could not know if their plans were perhaps just dreams. We do know, however, that community-based services are not only a possible alternative, but the only alternative.

Shortly after community services began, there were questions regarding the community's being able to handle individuals who were severely retarded and had complex medical problems. Now, we know that community living is not a barrier for these persons. We now know that all mentally retarded persons can live and work and go to school in their communities. We've come a long way from guessing and dreaming about what could possibly be done.

So, where do we go from here, knowing that community alternatives work? What do we try that's different, new, innovative, and creative? What do we do that we don't already know about, or haven't thought about, or haven't tried at one time or another? We continue what has been done in this planning process -- involving as many people in the community as possible to participate in the lives of those individuals who are mentally retarded. All of us must work towards acceptance of people who are mentally retarded. After true acceptance has been accomplished and after the attitude towards mentally retarded persons has changed, there's no end in



LOIS ROOD

sight to what can occur for retarded persons. After acceptance, mentally retarded people will be able to live anywhere they want in the community. They will be able to work anywhere they want to within their community. They'll be able to socialize and have recreation wherever they want to and be seen as people who do have the right to enjoy themselves within the community. In the next five years we've got to involve as many people as possible to understand and accept individuals who are mentally retarded. We'll know that's been done when no special services are needed.

We're on the threshold of proving that institutions no longer have to be a mode of serving people who are mentally retarded. We already have the technology to serve all people who still reside in our public institutions within Region VI. In the next five years, there is no reason why even one retarded person has to reside in an institution.

When you work on the five year plan, don't become limited by your preconceived notions of what should or shouldn't be possible. Don't let your biases and misconceptions tie you down. Nine years ago the Douglas County planners didn't let the then current situation prevent them from planning things that seemed at that time ideal, unrealistic, and foreign. So, let your minds fly and accept your role creatively. Together we can make a difference that will better mentally retarded persons' lives in Region VI."

Thomas Miller
Executive Director



DAN BAKER & DR. FRANK MENOLASCINO

A Message From GOARC's New President

...Ed Skarnulis

In the past two years GOARC has made great strides. Thanks to the efforts of people like John Clark, our immediate past president, we were able to obtain funding for several positions that were in jeopardy, a new Legal Advocacy program under the capable direction of Christine Smith is a reality, and an all time high Honey Sunday income. Also, ENCOR's ability to weather fiscal and political attacks were in large measure a tribute to GOARC support.

Our membership was in the middle of a decline, but has now stabilized and begun to grow again. Under Project II auspices, mentally retarded persons are more personally involved in the organization than at any time in recent memory. We have a fresh new board, committed to growth and action.

We are proud of many accomplishments. John, the Board, Tom Miller, the GOARC staff, and most especially the 578 members of GOARC have a right to some smug self congratulations. But we thrive on crises and challenges. We've got more ahead of us.

The "bottom line" in the next year will be our ability to increase total funding to make up for lost monies and to build a stable base so we can avoid a hand-to-mouth existence. We need more staff in order to serve our present needs. We need to take a hard look at what the inflationary spiral has done to wages and benefits for GOARC's employees, who are loyal people who have served us admirably during trying times. Membership needs to continue to grow. Our office looks like a victim of the war on poverty. The furniture is old and unattractive. What image does this present to the public? Are our citizens and their families viewed as objects of charity or pity? In order to change this appearance, we need carpeting, drapes, and fresh paint or wallpaper.

We've got many things to do this coming year. I'm encouraged by the enthusiasm of our new Board of Directors and Executive Committee members. With their support, and with your help and assistance, we will be able to face our current challenges and move on to new ones.

Ed Skarnulis
President

Who's Who on the Board

On July 1, 1977 the eleven new board members began their terms of office. Below is a thumbnail sketch of who they are.

CHRIS BEEM - Chris is the GOYARC representative to the Board. He is a student at Westside High School and has been an active GOARC member for two years.

PHYLLIS CHANDLER - Phyllis is a professional in the field of mental retardation employed at the UNO Center for Children. She has been an active member of GOARC for eight years.

MRS. EDDIE FELIX - Eddie is a parent of a young retarded adult. She has been an active member of GOARC for four years; she is the GOARC Representative to the OPS Special Education Advisory Committee, a member of GOARC's Action Committee on Poverty and Mental Retardation, and a member of GOARC's Pilot Parent Program. Eddie was named Volunteer of the Year for 1977 by GOARC.

DONALD GRIMM - Don is a parent of a young Down's Syndrome boy. He has been an active GOARC member for five years serving as an area coordinator for Honey Sunday and is a Pilot Parent.

KERRY HANSON - Kerry is a parent whose son has psychomotor retardation/dyslexia. She is a Pilot Parent.

MARY MCGILL - Mary is an interested citizen and served as an area coordinator for Honey Sunday 1976.

HELEN SCHAEFER - Helen is a parent of a young adult son with epilepsy. She is the Information and Referral Officer for the Nebraska Epilepsy League. Helen is also a Pilot Parent.

CHUCK STRADFORD - Chuck is a member of the Sarpy County Chapter of GOARC and serves as Treasurer on the GOARC Executive Committee. He is an interested citizen stationed at SAC Headquarters.

TOM UPTON - Tom is a parent of a young girl with cerebral palsy. He serves as First Vice President on the GOARC Executive Committee. He is a Pilot Parent and is on administrative staff at the Boys Town Institute for Communication Disorders.

MRS. EMMA WILSON - Emma is an interested citizen and a member of GOARC's Action Committee on Poverty and Mental Retardation. She has been a GOARC member for four years.

R.W. ZELHOEFER - R.W. is a member of the Sarpy County Chapter of GOARC and has been an active member for five years. He is a dentist on staff at Creighton University.

Pilot Parents' News Corner

WANTED: FILM CRITICS

Tuesday afternoons have found some very interesting things happening at the GOARC Conference Room this summer. Pilot Parents, with the help of Anne Thomas, a student from MCRI, has had a film and coffee rap session each week. The films have been on different aspects of handicapping conditions. The films have been long and short duration and have covered different needs of the handicapped. The rap sessions following each film have been very stimulating and helpful.

In the future it has been proposed that this type of coffee/rap session be available to the parents and professionals on a regular basis. These would be held each Tuesday morning from 9:00 to 11:00 and be open to all parents and professionals. If you think this is a good idea, please call Patty Smith or Tom Miller at GOARC.

"SWEAT" STUDENTS GET A NIGHT OFF

Friday, June 24, 1977 was the most enjoyable evening for the current group of "SWEAT" students and several Pilot Parents.

Meeting at the home of Tom and Jane Upton, and surrounded by all the good things that go into making a successful backyard cook-out including homemade ice cream, the students had an opportunity to relax from their training and spend an evening getting acquainted with several of the active Pilot Parents, in some instances parents of the children that they had worked with, and parents got to meet these young people who are interested in working with our children.

After supper, we sat in a circle sharing our experiences and feelings about getting involved. Each student gave his or her background, reason for being involved in the SWEAT program and future plans. The Pilot Parents each gave their reasons for being a Pilot Parent and told how being in the program has effected them personally. A special thanks goes to Tom and Jane for allowing us to visit their home and for their warm hospitality.

Fran Porter

GOYARC

We're well into summer, and GOYARC is definitely on the move! Our new cabinet members have "gotten their feet wet" and are having little trouble keeping busy. In addition to the three officers, the cabinet includes Chris Beem and Bev DeMay as co-PAC leaders, and Jill Nagel as Activities Chairman.

One of the most exciting things happening right now is known as the "DMU Patrol". This is a group of GOYARCers who are involved with the kids at ENCOR's Developmental Maximation Unit (DMU). They keep journals of activities and record the kids' growth. The end result will be a demonstration project to be entered in the direct services division of Project Showcase (NARC sponsored). Among the activities we've done and hope to do with the kids are a duck-feeding excursion, a swimming spree, and a trip down the "dreamie hi-slide", a horseback riding outing, a "dirty day" and a boat ride.

GOYARC is also looking forward to August 20. That is the day that ten of our best journey to Estes Park, Colorado for the National YARC Convention. GOYARC has been out of the national scene for awhile, but that will all change this August. We're planning to do some fund-raising to help out with the cost by selling lemonade at the concert in the parks.

Summer is in full swing, and GOYARC's youth are moving with it. Any questions or ideas can be handled by our officers: Heidi Davies (397-4833), Sue Halvorson (571-2507) and L.D. Davies (391-0669). Happy Summer!

Heidi Davies
GOYARC Youth President

P.S. There have been several items left at recent GOYARC activities. They include a pair of glasses and beach towels. Contact Heidi (397-4833).

CALENDAR

August 4 - The Parent Potluck Dinner has been rescheduled for this date at 6:30 PM at Hanscom Park. Jill Nagel's in charge (330-4327).

August 13 - Square Dance at St. Tim's. Bev DeMay is the lead dancer (391-7499).

August 20-27 - We're going to Colorado for the NYARC Conference!

Action Committee on Poverty and Mental Retardation

TRY IT BEFORE YOU BUY IT!

The Developmental Toy Library has been moved to the Omaha Public Library, 15th and Douglas Streets. This is an opportunity to determine if a specific toy will be beneficial for your child before you purchase it. The Toy Library has toys available to help your child develop his/her skills. Every child is eligible to use the toys.

"PROFILE ON POVERTY"

The Committee held a social to invite community friends and the GOARC Board to enjoy the evening together. The film "Profile On Poverty In Nebraska" was shown and the purpose of the Committee was presented.



Billie Cook

PAR

Catherine Williams and Louise Wright attended a workshop in Lincoln, Nebraska titled "PAR - Parents As Resources". The purpose of the conference was to teach parents ways to use resources in the home to make inexpensive toys for the children and to "foster self-confidence and skill development" in themselves and their children.



Members prepare for the social.

GARAGE SALE

The Committee has scheduled a garage sale to be held in September. They are asking for donations of useable articles for the event. Please contact Billie Cook or bring those items to the GOARC office. The date and place will be announced later.

Billie Cook
Coordinator
Action Committee on
Poverty & Mental
Retardation

ENCOR

RESPIRE CARE PROGRAM NOW AVAILABLE

ENCOR has located and secured a Respite Care Core Facility located at 2601 North 70 Street. It will be ready to open its doors to service July 15, 1977. Maggie Kenny is the manager and can be reached at 553-5425.

The purpose of the new respite care program is to provide short-term residential placement to community clients. This program is not to be confused with the regular residential program in which placement is determined by need and staffed through the Red Alert procedures. Respite care is available to all community clients that need a placement while the family is on vacation or as a relief to the family in assisting them in keeping their son or daughter at home.

Due to ENCOR's desire to serve as many people as possible the following guidelines have been established. The maximum stay for any one time will be two weeks. Each person's stay is limited to 25 days per year. This does not mean that if a person has used his/her 25 days he/she cannot receive any more respite services. It does mean that they will not have top priority in scheduling beyond that point and will be limited to available space after those people, not up to maximum days, have been scheduled. In order to schedule as fairly as possible and to give as much notice to advisors, parents, and respite care facilities as possible, we are requesting that scheduling be done on a quarterly basis. We realize that not everyone will be able to plan this far ahead so scheduling will continue until all slots for that quarter are filled. It will be a first come, first served basis. In the event of more requests for a date than openings, the Respite Care Manager, Maggie Kenny, will work with the advisors involved to resolve this as fairly as possible.

ENCOR is working with a limited budget and can make no exceptions regarding length of stay, maximum time and priority ranking. Anyone can appeal a decision by following the appeal procedures of the agency.

ENCOR hopes to expand this program as time goes on and will need to record all requests, even if they cannot be met. So please make all requests to Maggie Kenny.

EDITOR'S NOTE:

What took you so long, folks? Writing isn't that hard, and we have a staff that will type the articles for you. Besides, there are a lot of people out there that are really interested in what you have to say, and who may be helped because you took the time to contribute to the Gazette.

Thank you, readers and writers, for your excellent contributions this month. Let's work together to make next month's Gazette even better.

JOB CHOICE NEEDED FOR MENTALLY RETARDED

"More and better employment alternatives for the mentally retarded person." That's what Don Moray, ENCOR Vocational Division Director, feels is necessary to ensure continued growth for the vocational division.

The vocational client may begin to learn work skills through the training program at the age of 18. Five Industrial Training Centers (ITC) are located within the five county area that ENCOR serves. The ITCs prepare individuals to perform work tasks in industrial environments with ENCOR staff support. To date, ENCOR's ITC have served approximately 450 clients.

If a worker has developed specific work skills that will allow him/her to perform tasks in an integrated work setting, (s)he will move to Northeast Industries.

It is becoming more important for the ITCs and Northeast Industries, Moray said, "to develop more comprehensive support systems in teaching those workers the skills necessary to move through this continuum of vocational services."

Work stations are the last training program operated with direct ENCOR support to assist the individual in finding competitive employment.

Ideally, the goal of each worker is to achieve independent competitive employment through placement in industry. Eventually the worker will maintain independent employment without ENCOR's constant supervision and support.

Moray feels that a concentrated effort to procure more work sites must begin if ENCOR's Vocational Division is to facilitate the movement of handicapped workers to competitive employment.

Kathy Herro
Public Information and
Education Officer

END OF AN ERA

The Industrial Training Center will lose one of their best customers this year. The last six months of 1977 will see the phasing out of our contracts with Tip Top, a Division of Faberge.

Those of us in the Vocational Division received this news as quite a challenge. For some in our agency, other agencies, and some former employees, this news will be received with hidden glee. Over the years, I've heard lots of criticism about the Tip Top contract.

As far as I'm concerned, Tip Top, has provided an excellent base from which to operate our contractive business in the five county area.

For the record and with great sincerity, I would like to say to Tip Top, thanks for all the business these past eight years and continued health and prosperity.

Bill Toohar

GOARC PORTRAITS: Ed Skarnulis — New President

Picture, if you will, the Hotel Hydro, a stately old mansion in Pebbles, Scotland, the kind of place that you'd associate with members of the "Jet Set". Watch the guests as they walk leisurely to dinner in their formal attire. Imagine an American educator in the midst of this gathering, very uncomfortable in his formal neckwear. Now, focus in on the American. He is Ed Skarnulis, new president of GOARC.

Although Ed hated his necktie, he did not dislike his reason for being in Scotland. He was there in Scotland to study, his trip paid for by a scholarship awarded by NARC. These two things tell a lot about GOARC's new president. He's an expert in his field, and the first professional to be president since Dr. Frank Menolascino. He also likes to be casual and informal. Ed often arrives at Board meetings driving his motorcycle.

Ed, a South High graduate, still lives in South Omaha with his wife Leanna, who is a free lance writer, and three children. Steve, 15, will be a sophomore at Central; Cindy, 13, an eighth grader at Marrs Junior High; 12 year old Pete will be in sixth grade at Vinton Grade School. The family is very important to Ed. He said there are 22 members of the Skarnulis family in Omaha and they spend a good deal of time together. The family's activities include golf, tennis, picnicing, and motor bike riding.

The strong family ties may be one of the reasons Ed is so emphatic about part of his plan for leading GOARC in the coming year.

"I am totally committed to parent power," Ed said. "They could make inroads into areas like the school systems, and provide input to GOARC."

According to former GOARC president, Leighton Goodrich, "Ed is one of the few people who has had empathy for parents and has tried to listen to them. I hope people will pull together behind him."

Another one of Ed's goals, if he can round up the money, is to brighten up the drab GOARC office. "It looks like the fight against poverty and and we're the poverty area," he said.

He wants to increase the membership from 550 to 700, and Ed has thought a lot about a sound financial basis.

"I know there are some 'angels' out in the community who, if they knew our situation, would help fund us. Also national grants would be possible if we just had the volunteers to write the requests.

I would also like to encourage the once active members who have dropped out of GOARC to come back. They could just about write their own ticket as far as committees they would like to serve on."

ED SKARNULIS (CON'T)

George Armstrong, who has been on the Board with Ed for 5 or 6 years, said, "Ed is a very dedicated individual to the mentally retarded people. He's a little innovative but if he hangs in there, his ideas should come to pass."

Ed is not the parent of a retarded child. His background gives him the know-how to lead an organization like GOARC.

Prior to being elected president of GOARC, Ed served as treasurer, vice-president, and membership co-chairman.

He has a degree in sociology from the University of Omaha and was employed by the Glenwood State School. In 1971 he became Director of the Family Resource Center at ENCOR. He was Director of Residential Services his last two years with ENCOR. Presently, he is an assistant professor in the Department of Family Practice at the University of Nebraska Medical Center as well as the clinic manager. In his spare time he does some writing. "One thing I'm very proud of is being able to serve on the International Affairs Committee of NARC."

GOARC has a lot of talent behind it -- good people, a dedicated staff, and Ed Skarnulis.

Jan Novicki



Tom and Cheri Dean

Tom Dean believes "the home is our first as well as our last refuge and the most natural, nourishing place for a child to start off."

His wife Cheri agrees but wavers between thinking that "Aaron would be better off in a children's residence. In a household with a normal set-up, it's getting to be almost impossible. It's physically very draining." Other times her strong instinct dominates and she thinks "it wouldn't be fair to take my child away from his parents. He loves his sister, mom, and dad and we love him."

It's tough to be young, ambitious, idealistic, and to be torn between trying to hold your family together and at the same time frustrated by seemingly insurmountable problems that threaten to tear it apart.

Tom and Cheri Dean are parents of Sarah, a normal five-year old and Aaron, a four-year old, diagnosed as a victim of Lennox-Gastaut Syndrome, a rare form of epilepsy that can cause from 5 to 300 seizures a day and result in severe mental retardation. As a registered nurse, Cheri is well prepared for child care, but the uncertainty, financial drain, mental depression and physical weariness that accompany such an undertaking make her wonder after 2 and a half years how much longer she can continue.

Much of their problem hangs by a slender thread. "Aaron isn't the kind of child who fits into a particular slot," explained Tom. "Most service agencies are categorically oriented -- they tend to fit the child to the system instead of the system to the child."

When Aaron is home, (he attends a special school five days a week) for his own safety, Cheri must isolate him while she does the dishes, catches up on six months mending or just fixes meals. Unhappy and frustrated, he cries. "That bothers me," she said, "as a human being mother." It isn't natural for a child to be so isolated but there is no other choice. Aaron is ambulatory, can climb up on things and tumble off and hurt himself. The curved glass front of an antique bookcase in the dining room is a special danger, but Cheri is loath to remove it because like any normal housewife she wants to maintain a normal home atmosphere as possible.

As a mother, she has done a lot of fighting as well as anguishing, "You could work your heart and body out and still end up tired," she remarked, citing her battle with the medical profession to prescribe a special diet to control his seizures and reduce medication. Victory, though sweet, involves preparing six meals a day instead of three. Aaron must be fed first which further separates him from family activity. "I'd love to be able to bake him some cookies and give him one because he likes them. I'm deprived of that kind of mothering," she added, indicating the painful struggle that constantly pits feeling against reason.

TOM AND CHERI DEAN (CONT'D)

Nostalgia surfaced when she thought about her own stymied talents. "I used to love to play my piano and guitar and sing. I wrote poetry and liked to draw." But, she added wistfully, "to be creative you have to have time and space. Sometimes when I look at what others are doing I just want to say 'Hey! I can do that too'".

Asked what she would do in a crisis, she answered with a half-smile, "I have to schedule my nervous breakdown when it's convenient."

When home, Tom shares the burden. He realizes that his job takes him away from some of the daily grind and that the bulk of the load, especially the confinement, falls on Cheri. Since they have no family or relatives in town, they have had to turn to friends and acquaintances for help. Mostly, however, they are dependent on one another for emotional support. For a young couple starting out the financial drain has been staggering. In 1975, despite a \$900 medical insurance premium, they were liable for \$2,500 more. While the pro-rated cost through ENCOR for Aaron's schooling and transportation might seem small, it goes on and on and takes a vicious bite out of income which has not been too stable.

Increasingly Tom discovers how social structure precludes people of moderate means from getting help, especially those who want to do for themselves. Cheri finds it humiliating to have to more or less beg for services and to always be forced to prove a need even though she realizes that this is routine in most systems. Their recent move to a more ad-

equate house in a better neighborhood cancels their eligibility for C & Y aid (Children and Youth). A change of doctors because of a disagreement with one on the SCC (Services for Crippled Children Staff), made them liable for that expense.



TOM AND CHERI DEAN (CONT'D)



Socially they often both isolated. "Other parents can take their child to McDonald's for a hamburger and relax." It's necessary for them to prepare Aaron's diet first and then watch him constantly. Babysitters are not only costly but many neither can or want to watch a handicapped child. As Pilot Parents they sometimes feel they are not pulling their share of the load, mainly because they're either too tired or too broke.

Tom and Cheri empathize with parents who are unable to cope and have been forced to make the "horrendous decision" to institutionalize their child. They wonder if anyone is ever able to deal with the grief and guilt that results. They think a system of "in home" service could enable such families to remain intact by reducing emotional and physical drain. Tom, as part of his work in the Resource Development Department of ENCOR is currently preparing a proposal asking for such a grant.

Like most parents, the Deans believe that "nobody loves a child like its own mom and dad. For others it's just a job". The most important item on their agenda now is to find a way for family survival for themselves and for others they are sure could benefit.

At the moment their hope is still a dream, but dreams do have a way of coming true, especially when people really care.



KEN KONTOR

Ken Kontor was hired on July 11, 1977 to work in the area of public education and resource development for GOARC. Ken will be working 25 hours a week. He is also going to school part-time pursuing a Masters Degree in physical education at the University of Nebraska at Omaha. Ken is an Omahan, who graduated from Creighton Prep in 1966 and received a Bachelor's Degree in Journalism from the University of Nebraska at Lincoln in 1971. Beginning in 1972, Ken began working for Muscular Dystrophy where, after one year as a program coordinator, he became the district director until April, 1977. Ken was quite successful in his position as district director and was raising \$250,000 a year for Muscular Dystrophy when he left. Ken is married and has a daughter 19 months old. His wife is expecting (a son, of course!) in October.

Ken is enthusiastic about this job and is looking forward to getting GOARC established on a sound and stable funding base. Ken wants to make GOARC a household name, an agency that is well known within the community. In order to help GOARC maintain a strong financial base, however, Ken will need your assistance. If any of you are involved in, or know of, a service group, club or organization that may be looking for a fund raising project or could assist Ken, call him at the GOARC office. Ken is also interested in all your fund-raising ideas.

SUMMER IS THE TIME FOR "SHORT SHORTS"

LEGAL SERVICES PROJECT OFFERS LAWYER REFERRAL SERVICE

The Legal Services Project for the Mentally Handicapped is now offering a lawyer referral service for mentally retarded persons and their families. Persons with legal problems who can afford a private attorney may call the Project at the GOARC office to be referred to one of fifty private attorneys who have expressed an interest in representing mentally retarded individuals. The Project will provide research assistance to referral attorneys.

A "NEW" JOB FOR THE GAZETTE

At the last Executive Committee meeting it was discussed that the GOARC Gazette should be used more frequently as a forum for GOARC members' concerns, questions, and items that may perhaps be considered controversial. So, if you have anything that you would like to have discussed within the Gazette, please let us know. We think it's important that the Gazette contain items of interest to you, our reader.

BOOK REVIEW

I CAN DO IT!

Good grief! No more summer school. What can I do to entertain Chad? We've colored every page in his coloring books. We've read all his books ten or twenty times.

If you've ever felt this way, then Sue Wilson's book, I Can Do It! is for you. Sue is a teacher and well-known artist from Southern California. She wrote I Can Do It!, an arts and crafts book for the mentally retarded, to give our imagination a little booster shot of ideas.

This book is very colorful and easy to understand. Some older kids can use it on their own. Some examples of this coding are: a smiley which means the project is for everyone; E means extra effort, usually for EMR; a hand means small muscles; and a plus means may need lots of help. There are also time estimates for each project.

This little book is chock full of fantastic things to do, including finger paint foot printing, bathtub painting, making a bread beast and decorated pizza or a broom puppet, and batiking. There are so many neat ideas that you have to at least look at the book. I'd recommend it for moms and dads, kids, teachers, and anyone else -- it can be used for all kids, not only for the handicapped and retarded.

Check in the GOARC office for I Can Do It! I Can Do It! by Sue Wilson. You'll be glad you did!

Pam Kooiker

LEAD SCREENING PROGRAM

On February 1, 1977, the Omaha-Douglas County Health Department received funding to begin a screening program to detect lead poisoning among children from six months through five years of age. The program's first year, ending January 31, 1978, has an objective of testing 3,000 children in the area bounded by the Missouri River and 40th Street and Dodge Street and Fort Street. Using a simple finger stick procedure, the test is nearly painless. The tests are being done in the home by two teams of Health Department clinics which are located at 22nd and Clark Streets and 36th and Meredith Streets (old Immanuel Hospital).

Health Department officials are urging parents to have their children tested, because the results of excess lead in the body can be extremely harmful to a child's present and future health. The program has thus far had a 9.6% rate of infected children at the time of initial screening out of 1,007 children tested.

Confirmation testing of these children has resulted in a 3.6% rate of children with elevated lead proportions in their blood. Their blood contained from minimal to extreme amounts of lead. These children are being followed up with periodic rechecks and medical evaluation and treatment as needed. In addition, 35 children have been found with iron deficiency anemia and have been referred in for proper medical care and diet evaluation.

For further information on the program or for the testing of children, regardless of address, call the Lead Program at 444-7825.

Wayne Downie

The Action Committee on Poverty and Mental Retardation received permission from the "Parents As Resource" Project to reprint the following material.

YOUR CHILD IS LEARNING TO SHARPEN HIS SENSES OF SMELL AND HEARING.

SHAKE IT, SNIFF IT



YOU NEED

- SMALL UNBREAKABLE CONTAINERS SUCH AS JUICE CANS, PILL BOTTLES, BAND-AID BOXES, MARGARINE TUBS
- ITEMS TO HEAR AND SMELL

YOU DO

1. PARTIALLY FILL EACH CONTAINER WITH ONE OF THE FOLLOWING: BOTTLE CAPS, RICE, MACARONI, SAND, SMALL STONES, PENNIES, ETC.
2. COVER WITH LID AND TAPE SECURELY.
3. PICK UP EACH CAN OR BOTTLE AND SHAKE IT. WHAT SOUND DO YOU HEAR? CAN YOU GUESS WHAT'S INSIDE?
4. HOLD ONE CONTAINER IN EACH HAND. WHICH ONE IS HEAVIER? LIGHTER?

	<p>PLAY "HOUND DOG!"</p> <ol style="list-style-type: none">1. <u>FILL SEVERAL CONTAINERS WITH ITEMS THAT HAVE A DISTINCTIVE ODOR, SUCH AS MUSTARD, VINEGAR, COCOA POWDER, CLOVES, ETC. (FOR LIQUIDS, JUST POUR A FEW DROPS ON A PIECE OF COTTON & PLACE IN CONTAINER)</u>2. <u>TAKE TURNS WEARING A BLINDFOLD AND GUESSING WHAT'S IN EACH ONE. DO YOU HAVE THE NOSE OF A HOUND DOG?</u>
--	---

© Carl Haas & Ellen Weisberger

4/13

1975, The Register and Tribune Syndicate

NOTE: The material was reprinted from RECIPES FOR FUN (or MORE RECIPES FOR FUN or STILL MORE RECIPES FOR FUN, etc.) with permission from the authors. For more information, please write to PAR Project, 464 Central, Northfield, Illinois, 60093.

CALENDAR

AUGUST

- 9 Wine & Cheese Party for Retiring Board Members, 7:30 P.M. at Embassy Park Apartment Clubhouse.
- 11 Fremont Pilot Parent Mother's Coffee at Sara Persons' home, 1245 East 2nd Street, Fremont, NE., 10 A.M.
- 16 Board of Directors Meeting, GOARC office, 140 S. 40th Street, 7:30 P.M.
- 22 Pilot Parent Tour of the Boys Town Institute and monthly meeting, 7:30 P.M. at the Institute.

SEPTEMBER

- 1 General Membership Meeting, First Federal of Lincoln Bldg., 2101 South 42nd Street, 7:30 P.M.
- 6 Executive Committee meeting, GOARC office, 140 S. 40th Street, 7:30 P.M.
- 7 Honey Sunday Meeting, GOARC office, 140 S. 40th Street, 7:30 P.M.
- 10 The Action Committee on Poverty & Mental Retardation's Garage Sale, 5829 Florence Blvd., and 3727 N. 41st Street, 8 A.M. - 6 P.M.
- 19 Regular Pilot Parent Monthly Meeting
- 20 Board of Directors Meeting, GOARC office, 140 S. 40th Street, 7:30P.M.

Ms. Shirley Dean
ENCOR
885 S 72nd St.
Omaha, NE 68114

NON-PROFIT ORG.
U. S. POSTAGE
PAID
Omaha, Nebraska
Permit No. 109

GO ARC Gazette

October 1977



TABLE OF CONTENTS

A Commitment To Youth	
Tom Miller.....	1
Remember the Consent Decree?/GOARC's General Membership.....	2
The President Proposes!	
Ed Skarnulis.....	3-6
A School Year with a Difference.....	7-8
PRESS RELEASE - Social Security Income.....	9-10
Learn and Earn Credit: The Council for Exceptional Children.....	10
How Others See Us: Perceptions From Overseas.....	11-12
GOYARC News	
GOYARC Calendar.....	14
Fifth Birthday	15
DMU History	15-16
GOARC Committee Reorganization.....	16-17
BOOK REVIEW.....	18
Fall Fund Raising.....	19
Garage Sale.....	20
Pilot Parents News	
The Day the Cookie Monster Died.....	21
Pilot Parents Hear from Kansas City.....	22
Board Party.....	22
Spotlight: Ray Loomis.....	23-24
SWEAT: What a Program!.....	25-26
SWEAT Funding.....	26
SWEAT 1977: Reflection.....	27

GOARC Executive Committee: *Ed Skarnulis, President; Tom Upton, First Vice-President; Pat Jung, 2nd Vice-President; Jan Novicki, Recording Secretary; Pat Henry, Corresponding Secretary; and Chuck Stradford, Treasurer.*

GOARC Staff: *Tom Miller, Executive Director; Amy Humphries, Administrative Assistant; Lynne MacDonald, Office Manager; Donna Reh, Secretary; Patty Smith, Coordinator, Pilot Parent Program; Carl Sullivan, Client Ombudsperson; Billie Cook, Coordinator Poverty & Mental Retardation Program; Christine Smith, Legal Advocate; Ken Kontor, Public Relations Assistant.*

Editor: *Cathie Campbell*

GOARC is a non-profit organization whose purpose is to provide a strong volunteer support organization for all mentally retarded citizens and their families by advocating for the rights, needs, and full development of these citizens of Douglas and Sarpy Counties. Annual Membership: \$9.50.



A United Way Member Agency

Greater Omaha Association for Retarded Citizens
 140 South 40 St., Omaha, NE. Ph: 551-9450

A COMMITMENT TO YOUTH

Check this month's Gazette for an article about GOYARC, GOARC's active youth group! GOYARC was awarded the national championship for submitting a local project that won first place above all other local projects sponsored by YOUTH ARC groups throughout the country. The award was given by Youth NARC at their annual convention in Estes Park, Colorado the week of August 22nd.

The project that propelled the kids into first place was the DMU summer project, which intimately involved GOYARC kids in the lives of the profoundly retarded children at ENCOR's DMU. Among the most involved GOYARC youth in the project were:

Chris Beem	Bev DeMay	Janet Ratigan
Steve Beem	Sue Halvorson	Armando Torres
Heidi Davies	Vicki Kelly	Kent White
L.D. Davies	Jill Nagel	

Shortly after the youth won the award, I was meandering through the booths at Septemberfest in downtown Omaha and was approached by one of the GOYARC kids. So, there they were, on a Sunday afternoon in the midst of Septemberfest - five children from the Developmental Maximation Unit, four GOYARCer's and the ubiquitous, omnipresent, ever-dedicated, and hardworking volunteer, Pat Henry.

Why do they go to such lengths? Why do they give up their Sunday, their Saturdays, and their evenings to work with children who aren't very responsive, who don't give them large amounts of feedback? Well, they do it because they believe in what they're doing. They do it because they feel that they are learning from the experience. They do it because they have a good time doing it. The youth certainly have a lot to teach us "older folks". These youth are committed to doing something, to following through on a project, to interacting with kids; they get the job done. They don't accept their commitment in a half-hearted manner, but jump into it with both feet and do a good job - witness the DMU project. And they have fun at what they're doing. There were no "down" faces on the kids at Septemberfest. They certainly were enjoying their outing.

Thanks, GOYARC, for what you've shown us. We're proud and pleased that you took first place in the National Youth Association's contest, but more importantly, we're pleased that you continue to show your commitment and enthusiasm for retarded people. There's a lot you can teach us, and I hope that none of us become too old, or too "learned", or too "wise" to learn from you.

Thomas Miller
Executive Director

**REMEMBER THE CONSENT DECREE?
WHAT'S UP WITH HORACEK**

At the end of July, Judge Schatz held a conference with attorneys in his chambers to assess the status of the Horacek vs Exon Consent Decree implementation. For those of you who may have forgotten, or did not know, a Consent Decree and Agreement was signed by state and plaintiff representatives in 1975 which stated that all mentally retarded citizens have the same rights as all other citizens in the United States. The Decree went on to say that mentally retarded persons should be allowed the least restrictive alternatives. The lawsuit indicated that in three years the population at Beatrice State Home would decline to a residual population of 250 people. Since the Consent Decree was signed, there's been very little activity by the state and many advocates are questioning the State's commitment to the Consent Decree.

At the conference it was proposed that the State would move 250 people out of the institution into community-based programs. Jerry Griepentrog, State Coordinator of Mental Retardation Services, and the regional directors would in essence become a panel and share the responsibility of placing 250 people into community-based programs. State and plaintiff representatives seemed pleased with this proposal.

Since then attorneys have met to draw up the terms of the proposal. Nebraska's District Attorney General Kammelohr told U.S. Justice Department Attorney Thrasher several weeks later stated that the state would not accept the plan. (Remember several weeks earlier Kammelohr had indicated the plan was acceptable).

The State has now reported to Judge Schatz that the proposal is unacceptable. At the same time United States Attorney Thrasher, Plaintiff Attorney Bruce Mason and the attorney representing the Nebraska ARC and the National Center for Law and the Handicapped, Ron Soskins, are pressing the court to reopen the case in order to force further action.

GOARC'S GENERAL MEMBERSHIP MEETING



Mike Albert, Douglas County Commissioner and ENHSA Board Chairman, and staff from CASS, the Center for the Development of Community Alternatives Service Systems, were featured at GOARC's General Membership Meeting on September 1st. In the picture, Mike Albert is talking to Dr. Frank Menoscino, NARC President and Ed Skarnulis, GOARC President. Mr. Albert in his talk

stressed the importance of the ARC movement in relation to the services provided by ENCOR. He stated that "the ARC's must be strong and active in their advocacy role for mentally retarded persons in order for service systems like ENCOR to provide good services. ARC's must be active in educating politicians to understand the importance of good quality services."

**THE PRESIDENT
PROPOSES!**

In keeping with our new policy to encourage greater use of the Gazette as a forum for new ideas, even controversial ones, I would like to share with you two proposals that affect mental retardation services. These are not new concepts for me; in fact, I have toyed around with these ideas for several years, but current events are conspiring to create rather significant changes in the structure of our community-based service system, thus making a proposal for change acceptable at this time.

It is not intended that these two proposals be acceptable to everyone. I'm reasonably sure they will meet with a great deal of criticism by some people, but I encourage your comments and assure you they will be printed in successive GOARC Gazettes.

NEW GOVERNMENT STRUCTURE

I. Creation of a New Governmental Structure for Regional Mental Retardation Services.

There's a clear danger that the six mental retardation regions will be victims of a State government-controlled system if certain members of the legislature and executive branch of government have their way. While I have never been a radical advocate for local government control of human service systems, neither have I been impressed with what happens when states control those service systems. And I am particularly concerned when I see the most creative and innovative services for mentally retarded persons in the country subjected to a take-over by a state government bureaucracy which has done its best to sabotage that agency's effectiveness. We are constantly reminded that if it were not for our present Governor, the six mental retardation regions would not have grown the way they have. The reality is that it was not because of the Governor that such growth occurred; it was in spite of him. The true credit for such growth lies with the members of the legislature and the people in each region who worked night and day to make their dreams a reality. I shudder to think of what would happen if regional mental retardation programs were under the Department of Public Institutions, Health, or Education.

The current system of county commissioners serving as board members for ENCOR is far better than total State control, and allows for much more consumer input than would otherwise be the case. However, consumers of services for mentally retarded persons do not elect the county commissioners, do not designate which commissioners are appointed to the ENHSA Governing Board, and are all but ignored by the commissioners who had total authority over decision-making in ENCOR. Unfortunately, these commissioners are relatively ignorant in their understanding of mental retardation.

THE PRESIDENT PROPOSES! (CONT'D)

ADVANTAGES OF THE NEW STRUCTURE

I would propose, therefore, that a new governmental organization be established to oversee the operations of mental retardation services in the six regions of Nebraska. The current Educational Service Unit structure should be modified to take on this responsibility either by reducing the number of service units in the six regions, or by increasing the number of mental retardation regions to equal the number of current ESU's. The advantages are as follows:

- 1) ESU's have taxing authority with a mill levy limit that allows them to predict their income for each fiscal year and thereby avoid the hand-to-mouth existence and, the unpredictable financing structure of the current mental retardation regions.
- 2) Since ESU board members are elected by their constituents, and since mental retardation constitutes the single largest disability group, it is likely that consumers of mental retardation services could have a powerful impact on the outcome of elections for board members and would be reasonably assured of representation for their interests.
- 3) While ESU's currently serve children, their scope of services could easily be expanded to include mentally handicapped adults as well.
- 4) While ESU's are not as strong in the urban areas as they are in the rural areas, that could be remedied with an infusion of adequate resources to sustain service systems. (This also points to a possible redundancy in the existence of mental retardation regions and ESU's in the same geographic catchment areas at present.)

USE COUNTY HOSPITAL TO REPLACE BEATRICE

II. Use of the County Hospital to Enable Us To Bring Our People Closer To Home.

There are approximately 300 human beings from the five counties served by ENCOR currently residing at Beatrice State Home, over 100 miles from their own community. In addition, there may be as many as 200 mentally retarded people living in nursing homes, boarding room homes, and other inappropriate facilities throughout the State --- people whose home town is Omaha, Bellevue, Fremont, etc. The vast majority (over 75%) of placements into Region VI's residential services are people who have come from the community and not from the State institutions or nursing homes. Most of the people at the

THE PRESIDENT PROPOSES! (CONT'D)

State institution and nursing homes are unlikely to return to their home communities for one or more of the following reasons:

- 1) The rate of residential expansion in the community service is very slow, particularly when there is competition with clients from the community whose family, advisors, and others advocate loudly for their admission.
- 2) The distance from home has resulted in an "out of sight, out of mind" attitude towards these residents.
- 3) Because they are so far away, many myths spring up about this group of people including suggestions that they are medically or behaviorally more difficult to work with than people currently residing in the community. This is an especially prevalent view held by parents of those children and adults who have severe misgivings about their son's or daughter's returning to their home community.

"DEGREES OF RESTRICTIVENESS"

The 1968 Douglas County Plan promised that we would attempt to bring all of our people back to these five counties. It was assumed that that could be accomplished by 1975. While it is true that we have not been able to establish normal, home-like settings for all of the people from our community, it is nevertheless false when we say that people cannot be moved from Beatrice and nursing homes into less restrictive environments in their own community. Those of you who know me are aware that I have always proposed a theory that there are three parameters of "degrees of restrictiveness" in residential services: (a) The number of unrelated people living together (depersonalization); (b) The length of time away from home; and (c) The distance from home. We cannot do anything at this time about moving people from Beatrice and nursing homes into community facilities that have a small number of unrelated people living together, nor can we guarantee that those people will ever be able to return to a normal home setting. However, we could make their lives more normal by allowing them to live and move among the rest of us in their home town. Douglas County Hospital for years has been unable to maintain a full population in its medical-institutional environment. I am proposing that Douglas County Hospital be converted into a facility serving mentally retarded children and adults to be operated by the Eastern Nebraska Community Office of Retardation. The administrative structure of ENCOR, particularly if it had an independent taxing authority such as recommended in my first proposal, would allow ENCOR to have an executive director with two deputy directors reporting to the executive. One deputy director would be in charge of the current dispersed community-based system, and the other deputy director would be in charge of the county hospital facility. The danger of such a move is obvious. Those of us who have advocated for years against institutions are aware of the

THE PRESIDENT PROPOSES! (CONT'D)

insidious nature of that residential model. One begins accepting such placements as a compromise and ends up embracing them or rationalizing their deficiencies away out of a sense of guilt. I am confident, however, that if these two models existed side by side in the same community (under the administrative direction of an agency which has become known internationally for its commitment to normalization and community services, and under the watchful eye of an association for retarded citizens which has an international reputation for its commitment to citizen advocacy, normalization and an unshakable belief in the human and legal rights of mentally retarded persons) the rate of assimilation of these citizens would be increased tenfold. The contrast between the two service types would be so obvious to parents and professionals alike that, unlike other communities which have such institutional facilities located in urban areas, we would not be plagued with a permanent solution to what was intended to be a temporary problem. I would predict that within five to ten years all people would be into normalizing environments and the county again would be looking for a use for the county hospital.

In order to make this possible, state dollars (and county dollars as well) currently expended on behalf of our 300 fellow citizens would have to follow the person back to the home community. Further, we would have to have assurances from the state that Title XIX, Title XX, and any other funding which is available through the Federal government, would continue to be made available to these citizens. If possible, capitol construction funds which have been allocated for the Beatrice State Home should also be diverted to the county hospital facility. These fiscal arrangements would have to be made before the counties could give any assurance of support for such a plan.

Many of my friends and colleagues will accuse me of having sold out by even suggesting something like this. To them I reply that they must stand with myself and others, sharing the responsibility for the fact that 9 years have passed and human beings are still residing in the most dehumanizing conditions possible. They are being exploited and abused in large measure because of their friends and neighbors are not around to monitor the services provided to them. If I were a mentally retarded person living on a ward at Beatrice State Home, given a choice between staying there and returning to my home town, I think I can safely say I would decide to return home. Since I view myself as a spokesman for those who are mentally retarded, I could not in good conscience avoid making this proposal.

Edward Skarnulis
President, GOARC

**A SCHOOL YEAR
WITH A DIFFERENCE**

For many parents of handicapped children, the start of a new school year signals a renewal of the struggle with the public schools to obtain desired educational services. This year is no exception, but it is a school year with a difference. The difference is that now the educational rights of handicapped children are protected by federal law - the Education for All Handicapped Children Act of 1975, also known as Public Law 94-142.

P.L. 94-142 requires state educational agencies and/or local school districts which receive federal financial reimbursement to provide all handicapped children (including those in private schools who are contracted for by a public school district) with the following educational rights: (1) the right to a free appropriate public education; (2) the right to be educated as much as possible with non-handicapped children (least restrictive alternative); (3) the right to non-discriminatory testing and evaluation; (4) the right to receive educational services based on an individualized educational plan (IEP) developed jointly by teacher, school administrator and parents, and (5) due process safeguards, including prior notice to parents of any change in their child's program, access to school records, and opportunity for due process hearings.

Enforcement of P.L. 94-142 is provided by the federal Bureau of Education for the Handicapped (largely through the device of reviewing state plans for compliance) and, to some extent, by the federal Office of Civil Rights. Unfortunately, these federal agencies cannot closely monitor every special education program in the nation, much less evaluate the educational services provided to each individual child. And it is sad but true that the public schools will probably not fully comply with P.L. 94-142 unless they are forced to do so.

How, then, will the educational rights established by P.L. 94-142 be protected from abrogation by the public schools? The answer is obvious. Only parents have a true stake in the education of their children. And it is often the parents who best understand the educational strengths and needs of their children.

It is, therefore, largely the responsibility of parents to ensure that the educational rights spelled out in P.L. 94-142 are recognized by the public schools. This responsibility entails a three-fold task. First, parents should be aware of the major provisions of P.L. 94-142¹. Second, parents should closely monitor the educational services received by their children. Third, if parents are dissatisfied with those services, they should assert the rights established by P.L. 94-142.

This year, as in past years, parents must continue to fight for the educational rights of their children. But thanks to P.L. 94-142, the struggle will be easier, and the chances of winning are much greater.

¹

For information on P.L. 94-142, parents can refer to the following:

A SCHOOL YEAR WITH A DIFFERENCE (CONT'D)

Monitoring the Right to Education - NARC, Research and Demonstration Institute, 2709 Avenue "E" East
P.O. Box 6109, Arlington, Texas,
76011, (50cents per copy).

How to Look at Your State's Plan for Educating Handicapped Children
Children's Defense Fund
1520 New Hampshire Avenue, N.W.
Washington, D.C., 20036,
(first copy free).

Your Rights Under the Education for All Handicapped Children Act
Children's Defense Fund
1520 New Hampshire Avenue, N.W.
Washington, D.C., 20036
(first copy free).

A Primer on Individualized Education Programs for Handicapped Children
Foundation for Exceptional Children
1920 Association Drive
Reston, Virginia, 22091
(Now available at the GOARC
Lending Library).

MEMBERSHIP DRIVE WINNER CHOSEN

During the summer months, GOARC held a membership drive. Roger Gunn, who resides in Bellevue and works at the Bellevue Industrial Training Center, was the winner. His award is an all expense paid weekend to the Crown Center Hotel in Kansas City. Roger recruited twice as many members as the next runners-up. We thank Roger for his work and hope he has an enjoyable time lapping up the luxury of the Crown Center Hotel.

GRANTS APPROVED

On September 8, the Developmental Disabilities Council met and approved 12-months funding for the Ombudsperson position at GOARC. This grant will fund the position and will expand the role to include consultation in other parts of Nebraska.

CETA, the Comprehensive Employment and Training Agency, recently awarded GOARC five positions: a citizen advocacy coordinator, a deputy ombudsman, a parent support coordinator, who would be responsible for setting up groups to assist parents of older children, and two secretaries. The three people hired for the professional positions are Kathleen Johnson, Mike Curoe, and Barbara Bishop. The secretarial positions have not been filled yet.

PRESS RELEASE

One of the several programs administered by the Social Security Administration is a program commonly called SSI (Supplemental Security Income). This program pays benefits to aged, blind, or disabled persons who are of limited income and limited resources. If not 65 or blind, then a person may qualify for SSI if he or she has a mental or physical impairment which is medically determinable, is expected to last (or has lasted) a year or is expected to result in death, and the impairment is so severe it prevents that person from engaging in any substantial gainful activity.

Assuming that a person is of limited resources, that individual may possibly qualify for benefits. The amount of benefits may vary significantly - all the way from no payment being due for a given month up to \$177.80 a month. The amount of the benefit can vary as a result of the various living arrangements which may occur. The individual can be living alone, or with his parents, or receiving support from another source, or living in a public institution, a private institution, a nursing home, or in a group living arrangement. The living arrangements are infinite and each different living arrangement can affect the amount of benefit due for a particular month.

Another factor affecting the amount of benefits due for a particular month or quarter is the amount of earnings that an SSI recipient has in each quarter; and, again, this can vary significantly from quarter to quarter of each year. Different rules and regulations apply to various sources of income depending upon the identity of the income.

The basic supplemental security income amount is \$177.80 a month for a person living alone.

If the person has retirement or other "unearned" income (income that is not from current work, such as social security benefits, annuities, rents, interest, etc.) \$20 a month of this income is ignored, and the rest is deducted from the basic supplemental security income amount, dollar for dollar.

If the person has earnings from current work, \$65 a month of it is ignored, and \$1 is deducted from the basic supplemental security income payment for each additional \$2 of earnings. (If the person has no other income apart from earnings, then \$85 a month of earned income is exempted before the one-for-two rule applies.)

Even though these rules seem simple enough, it is sometimes most difficult to distinguish between earned and unearned income. An

NOV-61 11:30 AM '61

SOCIAL SECURITY INCOME (CONT'D)

especially complex and difficult problem is the proper identification of the earnings derived by a retarded person who is working and deriving earnings in a workshop while working under a rehabilitation program. For the earnings to be earned income, the retarded person must be an employee in the legal sense. If the retarded person is not an employee, then the compensation for the services does not represent wages and the compensation for the services does not represent wages and the compensation is unearned income. This means that we can ignore only \$20 monthly and we cannot use the \$65 exclusion rule.

Our experience so far in Nebraska indicates that where a truly identifiable rehabilitation program exists and the retarded person is still in the program, the person is not an employee and the compensation is unearned income. Before the beginning of and after the end of the rehabilitation program, the compensation will generally represent wages (earned income). It is not unlikely that a vocational rehabilitation client could continue working in a sheltered workshop after the end of a rehabilitation program. When this happens, the compensation could be unearned income one day and earned income the next day - the day after the rehabilitation program ended.

In recognition of the complexities of the nationwide problem which exists, the Social Security headquarters office in Baltimore, Maryland, has requested that all Social Security Field offices temporarily suspend action on all sheltered employment cases until such time as more definitive guidelines can be issued to the field offices. This means that all claims, appeals actions, yearly reviews, and overpayment collection actions are not presently being processed. We hope to receive these guidelines in the not too distant future.

**LEARN AND EARN CREDIT:
THE COUNCIL FOR EXCEPTIONAL CHILDREN**

The Annual Convention of the Council of Exceptional Children will be held during NSEA Convention, October 27 & 28, Thursday and Friday, at the Holiday Inn at 72nd and Grover, Omaha, Nebraska.

Outstanding speakers and workshops have been arranged to cover the areas of Learning Disabilities, Behavior Disordered, Visually Impaired, Mentally Retarded, Vocation and Career Education, and Gifted, SETS - Special Education Training Series - Component #16 Engineered Classroom. This course may be taken for college credit. Enrollment will be limited to the first 30 registering for the course.

The following excerpts are from an article entitled "Battles in Progress - ENCOR" from the Campaign for The Mentally Handicapped Newsletter, #9, Summer, 1977 which is published in London, England.

Britain is not the only country to be suffering from economic crises. ENCOR - the radical, comprehensive community service for mentally handicapped people in Nebraska, USA - suffered drastic budget cuts in 1975/76. Hugh Firth, who has just visited ENCOR, reports on the aftermath:

As a result of the cuts, directly or indirectly, all the executive staff have been replaced. Moreover, almost all the specialist staff (psychologists, speech therapists, etc.) were twice threatened with redundancy: so they left too, and only some have been replaced. Many other staff were made redundant. ENCOR had to stop taking any new referrals for a year.

These cuts have had a fairly drastic effect on ENCOR and the morale of its staff. But the battle wasn't only about money. ENCOR is governed by five County Commissioners (the equivalent of local authority counselors) and this governing board has been chipping away at the power of the executive staff for some time. It was the board who decided where the cuts should fall; and there is a feeling within ENCOR that the new executives are the board's men and women, rather than the best possible people for the job.

Some people in Britain have wondered whether ENCOR's initiative will remain as strong as when it was first set up, seven years ago. Certainly pessimists can find signs of weakening. Some people talked as if there were a gradual ossification from the top (the board's appointees). Some of ENCOR's ways of working are perhaps

being taken too much for granted. The concept of "alternative living units" introduced a whole number of imaginative new ideas about accommodation for mentally handicapped people; now workers talk as if these units were quite separate from the training hostels which also form part of residential services. Staff in vocational services seem to take for granted the idea that people gradually work their way through the training center and work station in open industry to open employment; but this system could eventually grind to a halt as clients become more dependent and it will take a lot of innovative thinking to get around this.

Nevertheless, I feel sure that ENCOR is not going to deteriorate, even though it may have lost some of its initial excitement. One of the very good things about the agency is its ability to learn from its mistakes. And in spite of funding crises, progress continues to be made. Over the past few years, for instance, ENCOR has persuaded ordinary schools to take all mentally handicapped children of school age and has shut all its own special schools.

One of the things that made ENCOR possible in the first place was really farsighted and detailed planning. ENCOR staff and parent representatives are very optimistic about a new planning group, which has been set up to look at the near and more distant future: this, they feel, will make sure that the agency doesn't get stuck in a rut. My feeling is that they are right, that the group will come up with positive new approaches and not just a return to the service of before the cuts.

Finally, one of the most important things about ENCOR, which should again ensure that it continues to be adventurous in finding ways to integrate mentally handicapped people into ordinary community services, is that

HOW OFFICERS SEE CUTS PERCEIVED AS FRODOVERSEAS

HOW OTHERS SEE US... (CONT'D)

its policy of normalization is explicit: all staff are encouraged to implement this at all times. That idea, once understood, can have a powerful effect. Two things we can learn from ENCOR: we should be pushing that philosophy at every opportunity; and we should encourage parents to join professionals in pushing for better services. That is how ENCOR has set up and has maintained its excellent service.

A TRIBUTE TO THE DALES

I would like to pay tribute to Marilyn and Bruce Dale. The courage and acceptance they displayed during Cassidy's illness and death is an inspiration to all of us. I hope their attitudes and philosophies will be used to benefit others.

RESPIRE CARE

Respite care, out of the home services, available at ENCOR. If interested, please contact your advisor.

BE CREATIVE: SUBMIT YOUR ENTRY TO THE HONEY SUNDAY POSTER CONTEST

NebARC will be sponsoring its first Honey Sunday Poster Contest in conjunction with the 1977 Honey Sunday Campaign. The idea for such a contest grew from an interest among ARC members searching for a replacement for the Poster Child Contest.

Your support and enthusiasm are essential to the success of this competition.

The winning entry of this year's competition will be used as the 1978 Honey Sunday Poster. Judging of the contest will be done by Mrs. James Exon and the NebARC Awards Committee. For more information and contest rules contact the GOARC office.

DATES TO REMEMBER

GOARC General Membership Meeting
October 27, 1977
First Federal Lincoln
2101 South 42nd Street, Omaha
7:00 P.M. Coffee and Refreshments
7:30 P.M. Program: Speakers

Kevin Casey, ENCOR's new Executive Director and

Jerry Griepentrog, State Coordinator of Mental Retardation Services

* * * * *

Public Forum - Speak Out On ENCOR
Omaha-Douglas Civic Center
1819 Farnam Street
7:00 - 9:00 P.M.
Wednesday, October 19, 1977

Sponsored by the Planning Council for the Five-Year Community Plan for Mental Retardation Services.

* * * * *

National Association for Retarded Citizens Convention

November 2 - 5, 1977
New Orleans, Louisiana

Registration forms available at the GOARC Office.

GOYARC NEWS

Their parents wondered youth would ever get everything had been trip to the National Retarded Citizens - in Estes Park, the way back there carry. GOARC's plaque naming them winners for the 1977 Showcase.

The work towards long before August in Omaha with ENCOR's mation Unit. in this ward of Hospital for rea-problems with re-importantly be-medically fragile. then, how much

possible, safe, and productive. Those were decisions that DMU staff and parents made as they grew confident with the Youth involvement and care.

Perhaps the bigger questions were found in the GOARC-Youth themselves. They had been around and had built a fund of experience about what helps peers grow, be they mentally handicapped or not. But young children were something rather new. And when it came to children whose abilities seemed so limited, the GOARC team realized that their own attitudes were yet another handicap.

Twenty GOYARC members were involved in the DMU Summer Project. They started where the problems were - in their own perceptions of the kids. After their first visits to DMU, the journals kept by the youth reflected their feeling tone of the children as being passive, non-communicative, hospital sterile, unresponsive and the like. What would it take with the DMU kids, they asked, to change those attitudes? The project called for a lot of interaction between DMU and GOARC's Youth in the coming summer months. The conviction was that once their own attitudes towards the children could grow, so then could the kids grow.

GOYARC has a gang - some having problems with retardation and some not - who can now tell you it works. They have grown, and staff and parents confirm that their children have too.

NARC - Youth has recognized them all as winners. CONGRATULATIONS GOYARC...but we knew that all along!



WINNERS ALL

how the 11 GOARC into the van once packed for their Association for Youth Convergence Colorado. But on was even more to Youth carried a national award NARC-Youth Project

that honor began and was accomplished Developmental Maxi-Children are living Douglas County sons of their serious tardation and more cause they are It was a question, involvement would be

GOYARC

GOARC's Youth have circled and marked up their calendars. Here's what's ahead in the up coming weeks. Take a look. If it looks like something you'd enjoy, mark up your calendar and come along.

Sunday afternoons have become an active time at St. Tim's Lutheran Church. The AWARENESS group picked up again this September and will meet again October 16. The Sunday sessions deal with value issues that are of concern to the young adults who regularly attend. Vicki Kelly (397-1054) and Janet Ratigan (397-4328) see the group going well beyond "talking" this year. It has the makings of a Core Group of young adults with their own interests around which they will plan. Pastor Charles Harmon (391-1144) is the advisor and can tell you what they are dreaming of.

If Green Bay, "the Pack is back!" And in GOYARC, "the PAC" is ready to start a new season. Chris Beem (333-8169) and Bev DeMay (391-7499) are leading the action thrust on Public Attitude Change.

CALENDAR

SATURDAY/SUNDAY - October 8 & 9 Camp-out at Gavin's Point
GOARC Youth will meet YARC members from South Dakota. Bev DeMay (391-7499) and Jill Nagel (330-4327) plan to leave early Saturday.

THURSDAY - October 13 Membership Meeting
Heidi Davies, Youth President, has something to fill the first night of Teachers Convention. Meet from 7 till 9 P.M. at Occidental Savings & Loan, 90th & Arbor. Call Heidi (397-4833). Pat Henry is the advisor.

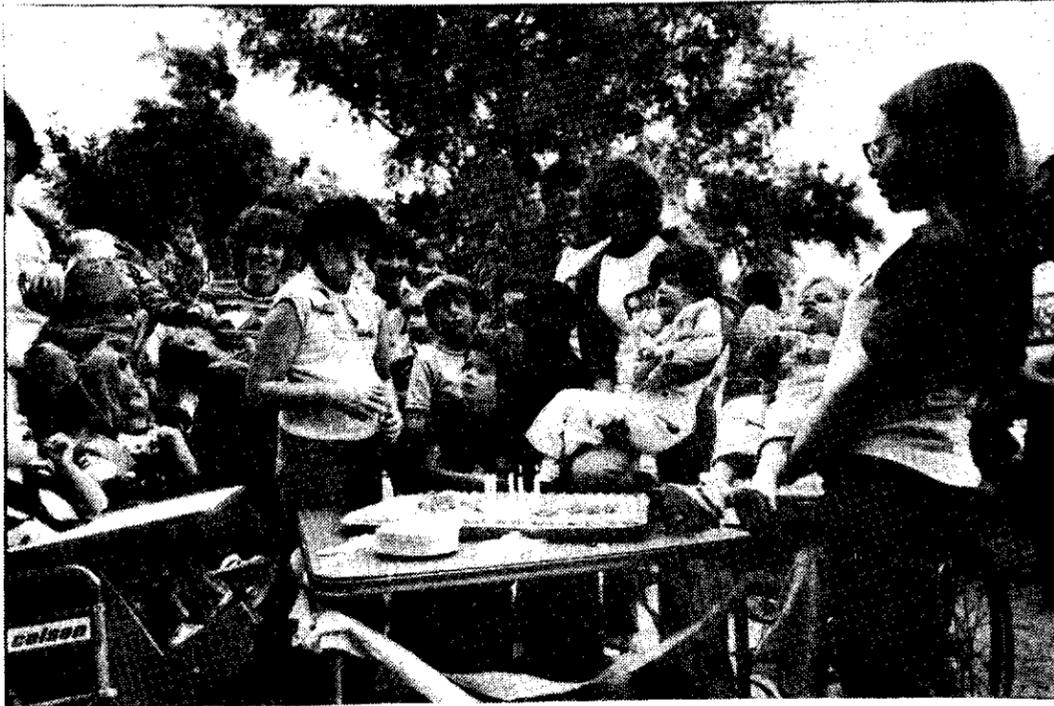
SUNDAY - October 16 AWARENESS
A Young Adult discussion is at St. Tim's Church (9300 West Dodge) from 2 till 3:30 PM. Vicki (397-1054), Janet (397-4328), and Pastor Harmon have more information.

SUNDAY - October 16 Fall Trip with DMU Kids
Sue Halvorson (571-2507) needs help on this project. Holy Family's Youth Group has been asked to help. Carroll Schrier (392-0937) will help as the Advisor.

THURSDAY - October 27 GOARC General Membership Meeting
Youth members are full members of GOARC, the adult and parent group. Meeting for us begins at 7:30 at First Federal of Lincoln (2101 S. 42nd).

SATURDAY - October 29 Halloween Party
Ghosts, goblins, and GOYARC will meet in the basement of St. Tim's Church. The "pit" will be the spot for Halloween stores. Terri Lee Norwood (331-5928) and Armondo Torres (498-1747) want you there in costume. Meet at 7:00 PM.

Fifth Birthday



Saturday, September 17, Fifth Birthday of the Developmental Maximation Unit was celebrated at the Benson Park Pavillion by its residents, their parents, DMU staff, and the many friends at the DMU. Along with much goodwill, the 80 celebrants brought contributions for a varied and tasty pot-luck supper. Several merchants in the community, including McDonald's, Hinky Dinky, Janousek Florists, and Distinguished Catering, contributed items which completed the menu and enhanced the birthday atmosphere. After everyone ate, there was ceremony and entertainment both. DMU residents blew out five candles on the birthday cake, Barry Lamont's team pounced John Clark's valiant nine in kick-ball, and GOYARC members enacted an allegorical play "Down By The Marsh" written by former GOYARC President, Chris Peterson. Before the sounds of music and dancing drummed him out, Pat Henry was heard to say, "It's possible in our work with GOARC and ENCOR to be so serious that we over look the good times we can have. Something like the DMU birthday party is just plain fun, and we need more of it."

DMU History

It all began Monday, August 7, 1972. The doors of ENCOR's Developmental Maximation Unit (DMU), located in Douglas County Hospital, swung open for eight children from the ENCOR five county region.

DMU HISTORY (CONT'D)

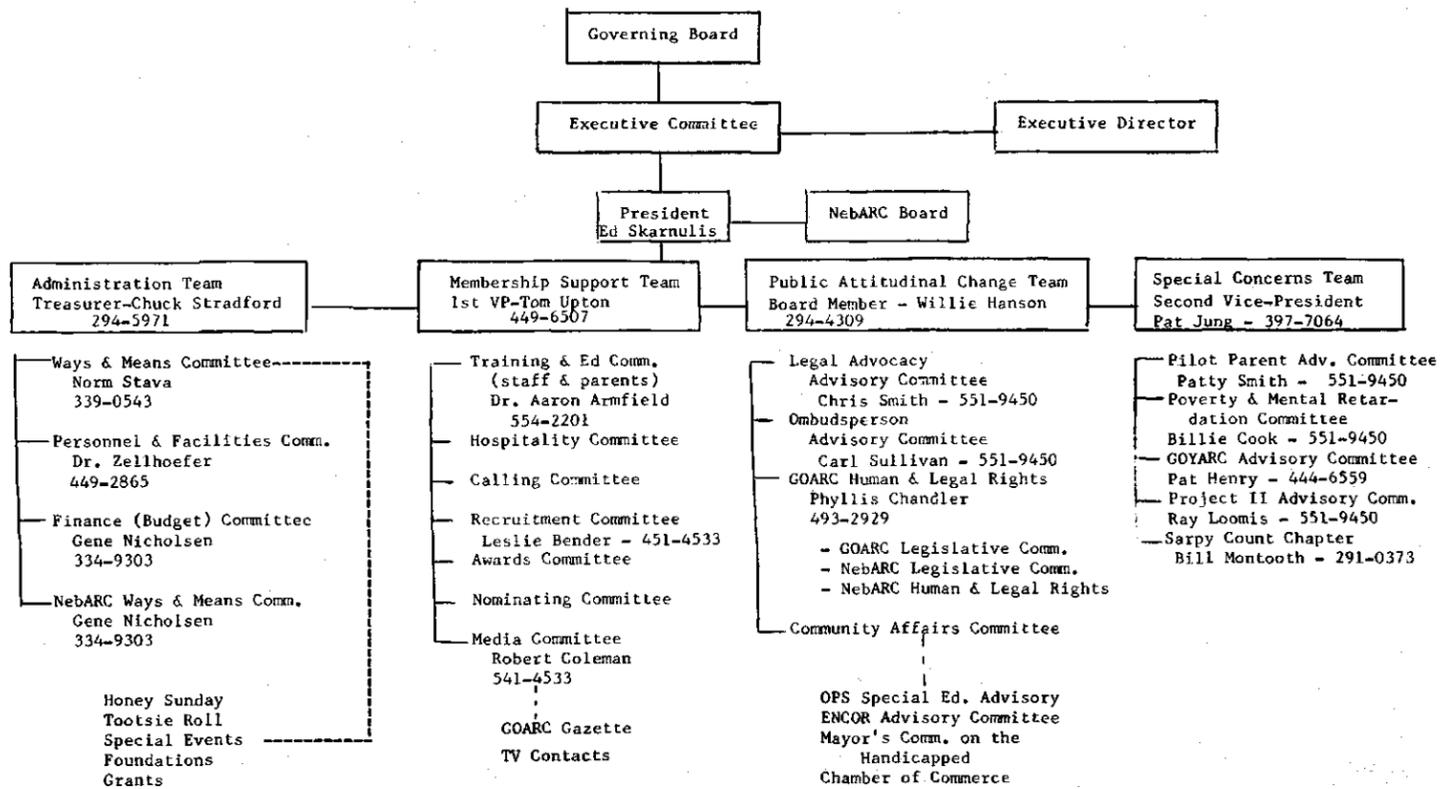
Since that time almost 40 mentally retarded children with severe and profound multi-handicaps and medical problems have been provided 24 hour care and most have found hope when none was expected.

Five years ago, DMU was designed to provide a combined residential and developmental program. It has gone far past that goal. DMU staff have provided services that these children could not have received elsewhere. The emphasis has been to minimize the physical and medical involvement so that the individual can continue towards development of more complex skills in a less structured environment.

ENCOR's DMU unit has helped to fill the lives of these individuals and their families with optimism. Movement from DMU requires a stable medical condition and mastery of self-help skills. Then the individuals will continue onto other advanced ENCOR and community programs.

GOARC COMMITTEE REORGANIZATION

As a voluntary organization, GOARC has always relied on committees to do the work needed to help mentally retarded kids and adults. In the past the President of GOARC was placed in the impossible position of trying to recruit chairpersons and members for over 20 committees and monitor the work of those committees as well. Then too, paid staff often had to perform tasks that should have been the responsibility of volunteers. A recent reorganization of GOARC committees encourages more efficient use of members' time. Now the 20 committees are divided into four major groups with four Executive Committee members responsible for recruiting the 20 chairpersons. Those 20 will recruit their own committee members with help from officers, board members, and staff. The Executive Committee members and chairpersons are listed on the next page with their telephone numbers. We need you! If you'd be interested in volunteering for one of these committees, please give your chairperson a call.



BOOK REVIEW

MORE TIME TO GROW

More Time To Grow is a beautiful children's story that illustrates the fears and feelings of a child who has been told her little brother is retarded.

Her struggle with acceptance is eased, and she can come to terms with her guilt and isolation, when an adult friend tells her of his relationship with his retarded daughter.

This poignant story is written by Sharon Hya Grollman who has included a section of excellent, thought-provoking awareness activities.

The book's appeal has been further enhanced by many attractive illustrations by Arthur Polonsky.

In addition, Robert Perske has added a Parents' and Teachers' Guide, and a section of resource references. This tool, properly used, can do much for developing awareness, and bringing about public attitudinal change.

The many facets of this book make it an asset for any home or classroom library. (Available at the GOARC Lending Library.)

Glenda Davis

New Books at the GOARC Lending Library:

A Primer on Individual Education Programs for Handicapped Children edited by Scottie Torres, developed by The Foundation for Exceptional Children, 60 pages.

Expressive Arts for the Mentally Retarded, prepared by David R. Ginglend, 86 pages.

Orientation Manual on Mental Retardation, Part I, published by the National Institute on Mental Retardation, 118 pages.

Listen to Your Heart, A Message to Parents of Handicapped Children, by Elise H. Wentworth, 244 pages.

FALL FUND RAISING

As even the newest GOARC volunteer can tell you, fall and fund raising are synonymous at the GOARC office. Ken Kontor, GOARC's new resource development specialist, has planned a variety of fund raising events for this fall season.

First on the list is KYNN/GOARC Tag Day. On Saturday, September 10, CB clubs collected donations for GOARC at various shopping centers throughout the city. The Nashville CBers Club, located at the Crossroads Shopping Center, raised over \$70.00 in just a few hours. Other clubs participating included the Safari Club, the Southwest Iowa CBers, and the North Omaha Pioneers.

Three special events are in the works for November, National Mental Retardation Month. Honey Sunday is scheduled for November 13. This year's chairmen are Bob Gehrman of GOARC and Ron Schaefer of the Northwestern Bell Jaycees. Area chairmen are Glenda Davis, Northwest; Sister Mary Evangeline, North Central; Chris Christiansen, Northwest; Mary McGill, Southeast; Claire Farley, South Central; Sheila Smith, Southwest; and Don Grimm, West.

The Do Something Sweet Campaign, November 12 and 13, will feature service clubs and businesses holding mini-events in conjunction with Honey Sunday. Some examples of mini-events are marathons, chili-suppers, and discount days.

It's bartender against bartender in the Most Popular Bartender Contest, scheduled for late November. Area bartenders will vie for "votes" by collecting donations (\$1.00 per vote) for GOARC.

The GOARC Spelling Bee will involve grade school students in Omaha and surrounding rural communities. Participants will combine spelling ability with pledge solicitation. Final plans for this project will be announced in October, pending approval from United Way of the Midlands.

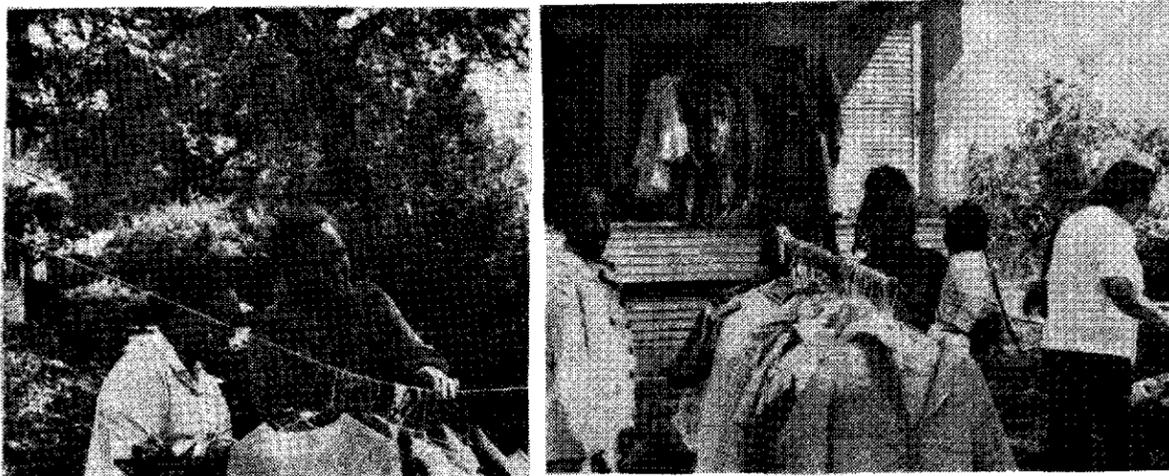


Nashville Club CBers on Tag Day, Clockwise from upper left: David Borosko, Club president, Don Bukosky, Delores Borosko, Karen Laushman.

GARAGE SALE+ =

Congratulations to the Action Committee on Poverty and Mental Retardation for their successful garage sale. They were blessed with two beautiful days of weather for the sale.

The Committee wishes to thank those who contributed so generously to the occasion. Thanks goes out to those committee members who worked so hard to reach their goal.



The Day the Cookie Monster Died

August 1, 1977 was a big day for the Pilot Parents. It found many families gathering at the Cooper Farm on a beautiful evening enjoying a super picnic.

Peggie and Chris Christiansen outdid themselves in preparing for the picnic, and delegating jobs to other Pilot Parents to help make the picnic go so smoothly. The highlight of the evening was the pinata that Peggie and her family made. This year found the Cookie Monster as big as ever for the kids to knock apart. There was one emotional event that happened that evening in regard to Cookie Monster. Nathan Coleman, Robert and Jan's son, cried his eyes out when "his" Cookie Monster got "all broken up." Sorry about that Nathan.

There was plenty of food, drink, games prizes, and lots of fun. It's always great to see so many good people gathered together and having a good time!



PILOT PARENTS
PICNIC

Pilot Parents Hear from Kansas City

On September 6, 1977 word was received at the GOARC office from the Region VII Developmental Disabilities Office that the Pilot Parents have received a grant to spread the Pilot Parent concept into the four-state area. Those four states are Kansas, Missouri, Iowa, and Nebraska. It was with great joy and anticipation that the Pilot Parents launch into another era of their volunteer and professional work to spread a concept which is so dear to so many people in the Omaha area.

This grant provides that the Omaha site will be duplicated ten times in other cities in the four-state area. It also provides for the continuation and expansion of Omaha's Pilot Parent Program.

For any of you who might be interested, there will be two new staff persons hired to do the work of the pilot parents during the next year. If you are interested please call Tom Miller or Patty Smith at the GOARC office.

In a day and age when many programs are faltering and most programs are having difficulties getting funds, it reaffirms belief in the system when you see a program like Pilot Parents get endorsement of a Regional funding source. All too often, families of the handicapped are overlooked and it is impossible to find funds to support family programs. Therefore we are grateful that this project has been funded and given the "go ahead" sign by the federal government in Washington and by the Regional Office in Kansas City.

GOOD GOING PILOT PARENTS!!!

Board Party

A relaxing evening of friendship and remembering old times was spent Tuesday, August 9, 1977, when members of the GOARC Board, past and present, their spouses, and members of the GOARC staff met at the Embassy Park Apartments Clubhouse for a Wine and Cheese Party to honor those members of the board who were leaving and to thank them for their efforts on behalf of the association. Especially honored were four members who had been on the board almost from the beginning of the association - George Armstrong, 1971-1977; John Pleiss, 1969-1977; Jack DeMay, 1971-1977; and Tom Porter, 1970-1977. These four members contributed much over the years to the development of the association.

Other guests honored for their services were: Charles Schoor, Richard Dyer, Don Schell, Arlene Lee, Heidi Davies, Joe Friend, Jessie Gauff, and Barb Jessing.

Certificate of awards indicating the number of years of service were presented to the retiring board members by president Ed Skarnulis on behalf of GOARC.

RAY LOOMIS

Ray Loomis is a big man with big ideas that spring from his deep concern for others. "We're all human beings," he said. "Like the Bible teachers, we need to help one another."

"Caged up," as he puts it, in the Beatrice State Home for fifteen years, he knows how it feels to be imprisoned. He also knows the fears and frustrations that accompany freedom in a society that doesn't care or understand. His personal goal is "to let the public know what the handicapped are really like."

Once he has a "brain wave," as he humorously puts it, he finds practical ways to make it come true. In Lincoln, where he first lived after his release from Beatrice, he noticed that many handicapped persons had no recreational facilities. He found a meeting place and organized bi-monthly get-togethers for fellowship and good times. When he left to live in Omaha, the group had grown to about 125. Asked how he accomplished this Ray replied with a characteristic shrug, "I just went from place to place and talked to recreation directors until I found one willing to give us a place to meet." Between his dogged determination and his strong desire to help, Ray gets things done. His soft, easy smile make him hard to resist.

Little wonder Tom Miller, Executive Director of GOARC, took him seriously when he said he wanted to start a "rap group" in Omaha. Only three persons turned up at the first meeting but word got around and now thirty or forty are regulars. Ray suggested naming the organization Project II since, as he pointed out, ENCOR is Project I.

In August a camp-out at nearby Camp Brewster highlighted the year for about forty adult members who planned and saved for the event for several months. Ray who formerly cooked for 2300 people at Beatrice found frying chicken and tossing flapjacks for forty people no big deal. Others set and cleared tables and took turns with other routine chores. Dancing, games, singing, and visiting made for a lively evening.



S
D
O
H
L
I
G
H
T

SPOTLIGHT (CONT'D)

In addition to regular monthly meetings, Project II looks forward to more parties and camp-outs. Thoughts are also beginning to turn toward organizing a statewide organization.

Deprived of family life, Ray never gave up hope. "Some day I'm going to have a family," he kept telling himself. Three years ago, he and Nancy Schwiem were married by Robert Perske, former Executive Director of GOARC as well as a minister. Tom Miller was best man and Jim Mulligan gave the bride away. Friends from ENCOR and Beatrice attended. The wedding breakfast was held at a Village Inn Pancake House.

In March of this year, Nancy and Ray became parents of red-haired, brown-eyed Billy Joe. Speaking tenderly of Nancy, Ray confessed "I missed her terribly the few days she was in the hospital. She and Billy Joe are the only family I've got."

Fatherhood is an important responsibility to Ray. "It's a great challenge to see what you can do with a small child," he said. He believes that Nancy, like most new mothers, finds her talks with an expert (a visiting nurse) helpful. He supports his family as a dishwasher at Coco's Restaurant. This spring he proudly accepted the GOARC award of the year for his employer.

Ray has little time for bitterness. The past is gone; he concentrates on improving the present and the future.

When questioned, he talked frankly about the things that bothered him at Beatrice. He's thankful the unnatural segregation of boys and girls has been changed. He deplored the senseless waste of being forced to walk back and forth for 8 to 12 hours waxing and rewaxing the same floor for simple misdemeanors such as "kissing" or fighting. Running away was punishable by six months floor duty. Ray ran away five times. Sadness was apparent when he said his mother was able to visit him only once at Beatrice. "Sometimes not hearing from my family hurt so bad, I just lay in bed and cried."

Though sorrow for what has and what continues to happen to the handicapped will never be erased, it hasn't trapped Ray in a rut. Rather, for him, a do-it-yourselfer, an optimist, a sincerely dedicated person, it has been a motivating force.

"It takes a lot of courage," he acknowledged, "but it's up to each one of us handicapped people to work at making things better by showing others what we can do."

Alice Blackstone

SWEAT: What a Program!

SWEAT, that is a strange name for a program! What is it anyway? It is difficult to explain what SWEAT really is. Formally, SWEAT stands for the Summer Work Experience and Training Program, which has been sponsored by the Nebraska Psychiatric Institute for the past eleven years. It is an intensive 11 week program designed to be an "everything you wanted to know (and more) about the field of developmental disabilities."

For students ages 18-22, SWEAT is a most unique method of learning. It combines formal lectures and work experience with informal supper seminars with leaders in the field of developmental disabilities, and tours of facilities in four states for the developmentally disabled.

The many attempts to describe the SWEAT program have focused only on its main categories: orientation, role playing, work assignments, tours, films, and camp. But SWEAT is more than the sum of its parts. SWEAT is a total experience. For SWEAT students, Webster's definition of experience is most appropriate. He defines it as:

- 1) a. the usually conscious perception of reality or external events
b. facts or events or the totality of facts or events observed,
- 2) a. direct participation in events
b. the state of being engaged in activities
c. knowledge, skill, or practice derived from direct observation of or participation,
- 3) a. the conscious events that make up an individual life
b. the events that make up a community or mankind generally,
- 4) a. something personally encountered, undergone, or lived through.

To past SWEATERS, SWEAT is:

a program about people, for people;

sharing time and knowledge with others who share your convictions;

learning to stop being "content," the incentive to be angry,

not tired, by injustices;

closeness;

friends and a chance to grow and mature;

an experience of a lifetime.

SWEAT: WHAT A PROGRAM! (CONT'D)



SWEAT FUNDING

In the past, the SWEAT program was a nationwide, federally funded project. Like most federal projects, priorities change and programs are left to their own resources. For three years now, SWEAT has had to rely on donations from GOARC, ARC's across the state, as well as mini-grants from CASS, OMR, and the University Medical Center. However, not all these groups are able to help every year. Money worries are everywhere. There never seems to be enough to go around or share. If anyone has any suggestions for possible funding alternatives (or has any loose change) please contact the SWEAT Fund at GOARC.

For more information about SWEAT, contact Karen Hoffman, CASS/UNMC, 4300 Emile, Omaha, Nebraska, 68105.

SWEAT 1977: REFLECTION

Probably the most fantastic thing that ever happened to me was being a member of SWEAT. That is not an overstatement. I have grown more this summer than any other. One does not spend eleven weeks with a group of people and not grow in some way! Not only do I feel wiser intellectually, but also socially. The SWEAT experience has influenced my attitudes about myself, other people, and life in general. My summer could not have been more productive, as I learned so much about myself and my own identity. I feel I have grown and become a more complete person.

I suppose when I applied for the program I was expecting something closer to the basis 8-5 job with a little extra on the dedication side. What I found was a job where there were no really set hours, and a whole lot on the extra dedication side.

SWEAT was an intensive, and at times overwhelming, exposure to the challenges faced by society and developmentally disabled persons alike. Academically, SWEAT focused on several important issues including physical and emotional development, evaluation and diagnosis, community alternatives and services, human rights and dignities, and normalization. This was well accomplished through a wide variety of lectures, films, and tours. It combined the ideal and the real into a meaningful learning experience.

Perhaps the single greatest experience of my life and SWEAT, was the 24 hour commitment to an institution. No other experience was more meaningful or had such an impact. I feel that this must be continued because my own sensitivity and awareness were never greater. It is an experience I shall never forget, nor will I ever have one as valuable. It forced me to challenge my own convictions. Too many times I've said it's "okay" and no more! "Okay" is not the best, "better" is not best, either. Stepping on a few toes, and being on the lookout for the best are virtues, not sins, when people and lives are affected. I realized that realism could not severe as an excuse in any situation--whether it be in an institution, residential placement, or service agency.

The advantages of SWEAT are endless: the knowledge obtained from lectures, the experience of working with retarded individuals, the insight of the commitment, the friendships gained and, most of all, the new horizons opened up by SWEAT. I've never found myself doing as much contemplating and reviewing of past and present conceptions. It's strange and almost impossible to explain to someone outside of SWEAT, the changes it puts you through. And at times it's pretty scary. I learned so much in such a short time that I suppose change was inevitable.

What I gave described above are the fundamentals of SWEAT. There is one thing, however, that is not listed on the schedule: the goldmine I found in Friends.

SWEAT not only gave me friends, but also a chance to grow and mature. I feel like an adult because I was treated as one. Even when I failed, I was given the opportunity to succeed. I had a lot of growing up to do, and I did it in a hurry this summer. For this reason and many others, I thank you SWEAT.

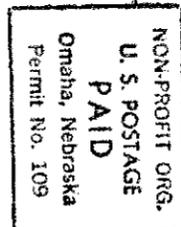
Editor's Note: This is a compilation of all the individual evaluations of SWEAT '77.

CALENDAR OF EVENTS - OCTOBER

- 4** Epilepsy Council of Omaha
Seminar - "Insurance for Persons with Epilepsy"
UNO Student Center - 7:00 P.M.
- 6** Pilot Parent Steering Committee Meeting
El Fredo's Restaurant - North Saddle Creek Rd.
11:45 A.M.
- 6** Honey Sunday Meeting
GOARC Office - 140 South 40th
7:30 P.M.
- 10** Pilot Parent Training
GOARC Office - 140 South 40th St.
Dr. Frank Menolascino
7:30 P.M.
- 11** GOARC Executive Committee Meeting
GOARC Office - 140 South 40th
7:30 P.M.
- 11** Action Committee on Poverty and Mental Retardation
Tour of Glenwood State Hospital
Glenwood, Iowa
- 12** Action Committee on Poverty and Mental Retardation
Advisory Committee Meeting
10:00 A.M.
- 13** Sarpy County Chapter of GOARC
Membership Meeting
Holy Spirit Episcopal Church - 2211 Victoria, Bellevue
7:30 P.M.
- 15** Sarpy County Chapter of GOARC - Dance
Reed Community Center
6:30 to Midnight - Informal Attire
- 17** Pilot Parent Training - GOARC Office
7:30 P.M.
- 18** GOARC Board of Directors' Meeting
GOARC Office - 7:30 P.M.
- 19** Community Forum for ENCOR
Omaha/Douglas Civic Center
7:30 P.M.
- 24** Pilot Parent Training - GOARC Office
7:30 P.M.
- 26** Action Committee on P & MR
Advisory Committee Meeting
10:00 A.M.
- 27** GOARC GENERAL MEMBERSHIP MEETING
First Federal Lincoln
2101 South 42nd Street
7:00 P.M.

PHOTO CREDITS: Cover - Pat Henry
Other photos by Robert Coleman, Pat Henry
and Amy Humphries

Ms. Shirley Dean
ENCOR
885 S 72nd St.
Omaha, NE 68114



tarded citizens. It is of utmost importance that this system continue on, uncompromising in its approach, and that the energy necessary to move an institution from Beatrice to Omaha be directed to pushing the community system of services to its completion.

I would also like to take exception to the proposition that the director of ENCOR could have two assistant directors, one for institutional programs and one for community programs. Again, after two years of direct experience and seeing the results of four years experience prior to my arrival in Arizona, I know that having two separate systems with two separate assistant directors does not work. One of the major reasons why ENCOR was developed on a divisional concept was to ensure quality continuums of service for large segments of a retarded citizen's life; those being residential services, adult services, children's services, and resource or case management services. I would strongly suggest that an administrative structure which establishes a separate director or assistant director for institutions and community service efforts never be allowed. Instead, the residential services director should be responsible for the whole continuum of residential services, whether they be institutional or community, the adult services director should be responsible for providing quality vocationally oriented programs to all adults regardless of their place of residence, and the same should be true of children. All these services should be monitored through an effective individual program planning process through a common case management function. Anytime you make distinctions between the community and the institution, whether it be in political jurisdiction or administrative responsibility, you set up automatic barriers which prevent the cooperation and communication so necessary in providing a comprehensive network of services which foster the decentralization of clients and client movement.

If anyone should regress to the point of establishing an institutional facility for the mentally retarded in Omaha I would only hope that they would not regress so far as to have separate leadership responsibilities in its administration. I had the privilege of being involved in the implementation of the ENCOR system and have had two years during which I could reflect on the ENCOR system's development as well as immerse myself in the development of a system which does not both institutional and community programming under one administration. From that perspective I provide the previously mentioned comments in the hopes that the ENCOR system can continue to be a leader in providing comprehensive community-based, small, quality services in the future. The people of Omaha and the staff of ENCOR have not backed away from that challenge and I suspect they will not start now.

Brian Lensink, Bureau Chief
Mental Retardation
Phoenix, Arizona

HOTLINE FOR THE HANDICAPPED

The Hotline for the Handicapped is a central resource center which can provide an immediate response to questions concerning ADULTS with handicapping conditions. This service is open from 8 a.m. to 5 p.m., Monday through Friday, with the exception of State Holidays. The Hotline provides information, referral and follow-up and complaints.

THIS SERVICE IS FREE TO ANY CALLER. It is funded through a grant from the Division of Rehabilitation Services, Department of Education.

The need for this type of statewide service was identified at the Nebraska White House Conference on Handicapped Individual's in December, 1976.

(TOLL FREE) 800-742-7594

Action Committee on Poverty and Mental Retardation

There are many members of GOARC who are not aware of the Action Committee on Poverty and Mental Retardation and this article is written to create an awareness of how mental retardation relates to poverty and the function of the committee.

"Because of our society's failure to provide a suitable human environment for all its citizens, the children of the poor (who offer the same beauty and the same human potential as children from other socioeconomic classes) have a greater chance of....mental retardation."¹

10 You may ask yourself how this relates to mental retardation and perhaps other developmental disabilities.

- a. A community program in Michigan (Macomb/Oakland) moved over 350 severely disabled people from institutions to "foster family" settings in a three year period.
- b. Patricia Harris, the Secretary of H.U.D., has freed up money to build and/or renovate small group, scattered housing for handicapped individuals.
- c. Minnesota used Title XIX monies to develop a network of "group homes" across Minnesota.

Human and Legal Rights - ENCOR's current facility that most approximates an "institution" - the DMU - has "only" one thirtieth the number of people which Skarnulis half seriously recommends as a necessary stepping stone to the community. Yet, even the DMU is entrenched with many dehumanizing characteristics:

- a. facility: the DMU wing is a thoroughfare for the rest of the hospital; the children's toilets are not private; restrooms and water fountains are not barrier-free; there is a nurses station;
- b. population: the County Hospital has a nursing facility, morgue, a high security psychiatric unit, security guards, a neighboring V.A. hospital, juvenile offender and Goodwill program.
- c. institutionalization of services: food comes on a stainless steel cart in aluminum foil dishes; there is a use of impersonal temporary help; children lack personal possessions.

If the DMU has many institutional characteristics while serving only 8 clients, it seems to us that a setting with 50, 150, 300 or more people would be little different than the back wards of Beatrice.

Cost - The costs of Skarnulis' tongue-in-cheek proposal would be astronomical. Starting up and maintaining an institution is a high-cost, wasteful use of taxpayers' money. Even though the issue of clients' rights is the foremost argument against such a proposal, the cost of the proposal itself should defeat it. Especially when with increased effort we might be able to use such funds for more integrative alternatives.

Are We Able to Do Better? - Instead of a Beatrice Annex, the same amount of time and energy should be devoted to creating integrative alternatives.

1. Why doesn't GOARC challenge ENCOR to obtain Title XIX monies for integrative services?
2. Why doesn't GOARC challenge ENCOR to find and develop a sufficient number of foster families in Omaha?
3. Why doesn't GOARC challenge ENCOR to obtain scattered-site housing through HUD?
4. Why doesn't GOARC join hands with ENCOR to reintegrate all of its citizens out of Beatrice into natural settings NOW?

Conclusion - GOARC must do better. We see nothing favorable in Skarnulis' half-serious proposal. We do see the integration of current Beatrice residents into their families and alternative families in our community, if GOARC fights for it and does not support the existence of a new institution.

John J. McGee
Daniel P. McGee

ANOTHER POINT OF VIEW

Recently I read an article in the GOARC Gazette by Ed Skarnulis, suggesting that it may be advantageous for residents of Beatrice who are from the five-county ENCOR area to move closer to home and live at the County Hospital. Having been intimately involved with the development of the ENCOR system of services during its initial five years of development and now having the responsibility for administering a state mental retardation program which includes both institutional and community programming, I am deeply concerned with the suggestion that the County Hospital be used to replace Beatrice. Using the County Hospital in this way would extend Beatrice, not replace it. After two years of experience in operating both an institutional and community program, I find it makes practically no difference at all that the institution is closer to home, particularly on degrees of restrictiveness. The large mass of individuals along with its correspondingly complex and bureaucratic administrative structure, makes the institution, no matter where it is located, extremely difficult to manage and excessively restrictive and non-responsive in nature.

An institution's closeness to its resident population's home community appears to have little or no affect on its capability of providing forefront services. It is the institution itself which causes problems and it is the institutional model that we were trying to change, starting back in 1968 with the original Douglas County Plan. Though this plan may have been slowed in its progress by a governor who put up an unceasing battle to stop its development, along with recurring organizational problems due to aggressive political situations, the ENCOR system has still been able to provide a quality of services to a large number of re-

Letters to the Editor

GAZETTE READERS...

We are extremely happy to print in this issue a number of responses to Ed Skarnulis' Proposals. Hopefully, "Letters to the Editor" will become a regular feature in the Gazette, a forum in which interested persons can express their opinions, ideas, and suggestions for improving services for mentally retarded persons. We encourage you to use this space to air your views and present your comments -- limited only by your own creativity and imagination!

Cathie Campbell
Editor, GOARC Gazette

DEAR ED,

I was surprised to see that you have initiated a new political satire (humor?) column in the GOARC Gazette - I am referring of course to your tongue-in-cheek article concerning the ridiculous notion of using Douglas County Hospital as a high-rise for the handicapped.

The problem is some people I know took the article seriously - they think you've either sold out or are on something - I know otherwise. You were simply trying to be funny (satirical?). Set them straight Ed - print a retraction in the next issue and limit yourself in the future to obviously funny topics such as the functioning of the ENHSA governing board - the important role of the university, etc.

You'll never fool me - when you said "support not supplant the home" - I know you never meant the Douglas County Home.

Wade Hitzing

TRANSFERRING 300

Transferring 300 people out of the Beatrice Developmental Center (BDC) and placing them in the Douglas County Hospital or any other institution would be a grave mistake. It would create a Beatrice Annex. We oppose this because:

1. Institutionalization cannot be ended by creating new institutions. We should not assume that the proposed Douglas County Program in Omaha would be anything but another institution.
2. We have neither the time nor the resources to develop and manage both institutional settings and community-based services.
3. We should be the leaders in advocating for and attaining the human and legal rights of all retarded citizens not creating new environments which make this attainment impossible.
4. We must not assume that we are unable to create community-based, integrative services.

An Institution Is An Institution - One thing that we can count on is that once an institution is established it can only grow. There is no such thing as a short-term institution. Large congregate living facilities are inherently meant to exist for generations.

Good intentions are soon lost with the financial outlays, required in the startup of an institution. A variety of reasons are soon found to justify the continuing need for the institutional setting - "for the severely disabled, for severe behavior problems, for medical reasons, for management's sake, etc..."

Time and Resources - If GOARC and ENCOR have the time, energy and resources to build an institution, they should certainly have the time to pursue the best (least restrictive) alternative.

If we feel that such an institution is necessary "because we cannot do anything at this time about moving people from Beatrice..." then we had better check into what other communities are doing, for example:

With both boys in school this year, Sherrie anticipated lots of free time. Bowling, soft ball, decorating her home, teaching a swim class to mentally retarded, being a room mother, and working for the parent's support group hasn't left much.

Like many parents of handicapped children, the Sochas have learned to count their blessings -- a value they hope to pass on to their sons. Sherrie deliberately seizes opportunities to expose them to a variety of people. It's especially rewarding when Kelly turns to her and confides: "Gosh mom. Look at that boy. He can't even walk. He's a lot worse off than me, isn't he?"

Alice Blackstone

The Hardest Services

Ed Skarnulis's proposals in last month's Gazette jolted loose a landslide of impassioned opinion over the question of how to provide quality residential services in quantity to mentally retarded citizens from our community. Whether or not Ed's idea would do so is debated hotly in numerous letters elsewhere in this issue. Instead of further belaboring his specifics, let's review some of the reasons why the challenges of residential services perplex us so above all others.

Professionals' jargon often speaks of "soft" and "hard" services for handicapped persons. "Soft" services generally include such things as evaluation, information and referral, counseling and the like -- services which help us define the nature of needs and suggest ways that we can meet them. Soft services can be very useful and guide us to effective action, but they seldom, if ever, impose direct sanctions on us if we ignore the recommendations. "Hard" services, including educational and vocational day programs and residential services, have a direct impact on large chunks of a person's daily life for long periods of time and impose a large degree of structure on his or her behavior. Residential services are in many cases (and at least potentially in every case) the most intrusive, the "hardest" of all because they entail the most time and involve the basic necessities of food, clothing and shelter. One may miss even long periods of school or work and recover from the experience, but a single winter night with nowhere to stay can be fatal to anyone.

Residential services are also the "hardest", in the sense of the most difficult to deliver both qualitatively and quantitatively. I say this not to belittle the importance of patient teachers and persistent vocational specialists; but to point out that these professions are blessed with clearer counterparts or models of service in the development of non-handicapped citizens. N.A.R.C. currently seeks to expand opportunities for on-the-job training of most retarded adults, exploiting and adapting a model used successfully with millions of "average" citizens. Yet we could hardly adopt a staff model such as college dorm counselors, hotel housekeepers, or hospital orderlies as appropriate to the needs of most mentally retarded residential clients. Institutions for the retarded historically have provided residential services in quantity by hiring staff who are paid and expected to behave much like housekeepers and orderlies (or worse, like prison guards). But the quality of service has remained woefully inadequate because such staff models cannot promote more independent functioning through skillful training.

Community agencies such as ENCOR have begun to recognize that their residential staff must be and do much more than counsellors, housekeepers and orderlies. They must be a new type of professional, skilled in identifying an infinite variety of needs and meeting them in ways and locations limited only by human imagination. The institutions, too, are beginning to improve their staff and provide better training in residential skills. Under better conditions, however, the quality of their services could never match that provided by a community agency. The nature and location of most institutions, including Beatrice, allow almost no opportunities for retarded residents to observe, learn and practice the everyday behaviors most of us take for granted in environments not saturated with other deviant peers. Imagine how difficult it must be to learn all of the fine social, cultural and economic implications of a "normal" trip to the shopping center in a town where the proportion of mentally handicapped peers is closer to 20% than 3%!

I said, "under better conditions," because one of the hardest things about developing community residential services today is paying for them. Most funding sources on the state and national level lean lopsidedly toward institutional norms of physical structure and staff identity, forcing agencies like ENCOR to scrounge desperately for dollars to serve any but the least involved consumers in any type of quality residence. Yet ENCOR has still managed to provide high quality services to enough persons with all types and degrees of handicaps to prove that labels such as "severe-profound" or "multiply handicapped" are not real barriers to community living. That they still are for some 300 to 500 of our fellow citizens is proof enough that a call for quantity is right on target. Regardless of the wisdom of Ed's proposed methods, the issues of finding and funding community residential services for all who need them will continue to haunt us until we stop arguing and start creating.

Next issue, I will discuss an area of residential services where we have been least creative -- our families.

Barry Roberts

spotlight on the sochas



"I wonder about the future but I don't worry." Sound like a put-on? Coming from Sherrie Socha, it's for real. She's not only busy helping her son Kelly lead as normal a life as possible, she's concerned about other parents of spina bifida children.

Sherrie learned the hard way it's not enough for a doctor to tell parents their baby has a birth defect. Someone, perhaps a social worker, should be available to give support. For her husband, Ken, alone in the waiting room after the doctor had broken the news, it was a never-to-be forgotten experience.

Later, with Ken beside her, Sherrie recalls: "I lay in that hospital bed -- both of us staring out the window, wondering what we could do. If only someone had said they understood -- that we weren't the only ones."

Having their firstborn taken to another hospital before they could see him has left scars. A week elapsed before Sherrie held him; twenty-three days passed before he went home.

Spina bifida is a severe birth defect. Genetically transmitted, it involves incomplete formation and fusion of the spinal canal. Statistics claim about one such birth in a thousand. The Sochas are grateful their son's defect is physical rather than mental.

Born with a membrane over his rectal opening, the one day old infant survived a colostomy. Shortly after, a shunt (pump) that extended down into his heart chamber was inserted into his skull -- to drain off surplus cranial fluid (hydrocephalus) that occurs in 90% of such cases. At 18 months, Kelly was able to function without the shunt. Last year, the colostomy was successfully reversed. Control after a six-year dependency is difficult but Kelly, determined and anxious for social acceptance, succeeded. Hospital and medical expenses have been astronomical; fortunately Ken's insurance as a postal employee has covered most of them.

Forced to stumble onto ways to help their son as well as reinforce their own morale, made the Sochas eager to organize a mutual support group of parents of other spina bifida children. Twelve couples have organized to exchange ideas, swap equipment, and learn about the defect. Future plans include developing a referral system to let people know where help is available. The Birth Defect Unit at Children's Hospital, Visiting Nurses, and Pilot Parents of which Sherrie is a member are natural allies.

Although she formerly worked for Douglas County Welfare placing children in foster homes, before Kelly, Sherrie's experience with the handicapped was negligible. Because she believes "You never know a child's potential unless you let him try," she decided to help him become as self-sufficient as possible. She answers his questions honestly because "children know when you're lying."

Kevin, their second child, was born when Kelly was 16 months old, giving Sherrie two babies to carry around. She suspects her doctor encouraged another pregnancy because he thought Kelly wouldn't make it.

At seven, blond, brown-eyed Kelly is a competent first grader at Carl Swanson School. Although he didn't move about until 18 months or walk until almost three, at 2 he began driving a whiz car. Since then he's worn out several cars, simultaneously developing shoulder muscles akin to superman. Crutches provide additional mobility.

Encouraged by his mother, he's learned to ignore people who stare. He doesn't consider himself "all that different." Like most young boys he dreams of growing up to be a fireman or policeman.

Ken enjoys wrestling with his boys and gives them both strenuous workouts. When Kelly whimpers, as most kids do when the going gets rough, his father tells him: "you've got to learn to take the bad with the good, Kell. If you don't want to get hurt, don't fight."

Omaha Public School TMR Intermediate Class

Omaha Public Schools Special Education has four divisions of classes for the trainable mentally retarded: Primary I, Primary II, Intermediate and Transitional. The children usually stay in each division for 3 years, except for transitional, where they may remain until age 18 or 21 which ever the case may be.

Miss Babs Hansen has been teaching special education classes at Western Hills for seven years. This year her class consists of 6 students, all boys. She said, "This is a small class. Usually I have ten." Academic subjects are geared toward functional use, such as recognizing coins and making change; reading and writing "for-living" vocabulary like danger and warning signs. The use of over-head projectors, tape recorders, and carousel slide projectors are other interesting ways to reinforce their vocabulary words.

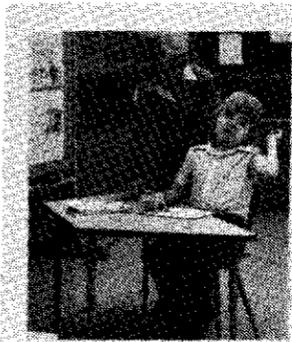
The speech teacher works with each student for 20 minutes a day. Miss Hansen pointed out that it is very difficult for the children to have a question asked of them and to be able to give an answer back. So to help them with this problem, each day they have "show and tell;" the students will ask questions like "what did you watch on TV last night?" Then they will have to answer back with a complete sentence. To learn responsibility, the boys are given jobs in the classroom which are rotated weekly.

One of their favorite activities is going to the school library where the librarian helps the children pick out books and also reads them stories. A good portion of their social skills are learned from working with other students their age. Sixth graders come in after lunch to help organize and participate in free-time activities such as arts and crafts, and sports. Teachers use the special ed room as a good behavior reinforcer for their students.

"We have more integrated activities in this classroom than any other school in the city," said Miss Hansen. The class has music with the 5th graders; and gym is integrated with classes according to the children's ability. The students are included in the Christmas program, not as a special class, but with the 5th and 6th grades. Miss Hansen said that many of the skills she is trying to teach the students are taken for granted by most of us. It's something we automatically do. But for these children it takes repeating and repeating and finding different ways of teaching the same thing.

In the next issue we will take a look at an educable class at Columbian School.

Jan Novicki



Mike



Miss Hansen & John

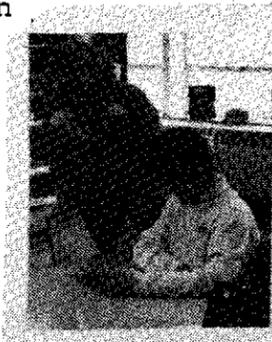


Jay



Ed

Scott



Ken

2. Many types of government financial assistance, such as SSI and Medicaid, are not available to retarded persons who own assets in excess of a very limited amount.
3. Most mentally retarded persons are unable to manage large sums of money.
4. Mentally retarded persons are subject to exploitation by friends, relatives, and strangers.

For these reasons it is strongly recommended that bequests directly to the retarded child be avoided. This is also true for gifts by will made by well-intentioned, but uninformed, friends or relatives directly to the retarded person, as well as direct receipt of insurance benefits by the retarded person.

These same problems may arise if a parent dies without a will (estate plan). The mentally retarded child will inherit outright a share of the deceased parent's probate estate, along with the other parent, if surviving, and the other children. Once the mentally retarded child has received his or her share of the deceased parent's estate, there is almost no way of sheltering those assets from the claims of government agencies seeking reimbursement for services provided to the retarded person. For this reason, the need for an estate plan should not be overlooked.

As mentioned above, the appropriate type of estate plan depends on numerous variables in each situation. However, the most common arrangements are: (1) a will which excludes the retarded child; or (2) a trust set up to hold assets for the retarded person and structured to expend them in his or her best interest.

Under the first approach, parents who choose to exclude the retarded child from their will generally do so because they have a very small estate which will be needed to maintain non-retarded children. Since the non-retarded children and other relatives often feel obligated to contribute to the support of the retarded child, and with government programs on the local, state, and federal levels providing food, clothing, shelter and training for the retarded child, he is not being left destitute. This plan may be advisable for young parents with limited assets and other young children in need of support, and for older parents who have limited assets and desire to distribute them to a non-retarded adult child whom they believe will expend a fair proportion for the benefit of the retarded child. To carry out this plan, each spouse executes a will directing that his or her estate go to the other spouse, if surviving, and otherwise to the non-retarded child or children, with the retarded child specifically excluded. Although the retarded child is excluded from inheriting, a guardian for him may be named in the will, if appropriate, or the needs of the other children decrease, this plan can be changed in favor of a trust for the retarded child.

The second common approach in planning the estate is to create a trust to be the recipient of assets intended for the benefit of the retarded person. A trust document is prepared naming a trustee or trustees to administer the trust, and setting forth instructions regulating investment of trust assets and disbursements to, or for the benefit of, the retarded person. The trust operates for the lifetime of the retarded person and at his death the distribution of the assets remaining in the trust may be directed to other children or persons of the parent's choice. The success of this arrangement largely depends on who is selected as trustee. Preferably, the trust should be administered jointly by a corporate trustee, such as a bank, offering professional investment and management services for the trust assets, and by an individual, perhaps a brother or sister, informed and sensitive to the retarded person's needs.

In drafting this type of plan, it is important to thoroughly assess existing programs and government assistance available for the retarded person. Since only the extremely wealthy will have sufficient assets to provide even the basic necessities (food, clothing, shelter) for the retarded person's lifetime, government programs must be relied upon to provide these needs. The trust should be set up to provide for items not otherwise being provided through existing programs which will make the retarded person's life more enjoyable, such as vacations, televisions, radios, and additional clothing, to name just a few. One of the most important features of the trust is that under the current status of the law in Nebraska, and other states, it can be structured to be free from claims by the retarded person's creditors, including government agencies seeking reimbursement for their services.

Estate planning for families with a mentally retarded member is different from all other estate planning in that it centers on the unique problems and potentials of the mentally retarded person in question. The arrangements explained above are only suggestions. The type of estate plan appropriate for you and your family can only be determined through consultation with a competent attorney who is sensitive to the needs of the mentally retarded, developmentally disabled, and other substantially mentally and physically handicapped citizens.

Craig J. Fecker, Omaha Attorney
Member of the Nebraska State Bar Association
Committee on Mental Health

"Once due process was found to be required, the defendants' second argument was that parental consent is sufficient to meet due process needs. The court found it had to balance substantial competing interests. First, there is the liberty interest of the child described above. Second, there is the interest of the parent to 'guide, protect and control their children.' Third, there is the interest of the state, or society, to see that individuals who can benefit from education, treatment or rehabilitation receive it, and especially that individuals who are dangerous to themselves or others receive quick attention.

J.L. VS. PARHAM

"In J.L. vs. Parham, 412 F. Supp. 112 (M.D. Ga. 1976), a Georgia case very similar to Bartley, two youths who had been confined for five years in a state mental hospital pursuant to a statute that allowed minors to be 'voluntarily' committed by their parents. Plaintiffs argued that they had been deprived of liberty without due process because the commitment statute did not allow them an opportunity to be heard to protest the commitment. They further argued, adding a dimension beyond Bartley, that due process would require 'initial and periodic consideration of placement in the least drastic environment.'"

"In a sensitive discussion of expert testimony, the Federal district court established that many children were made the subjects of treatment and hospitalization when in fact the parents were the ones who needed treatment, or the social conditions were at fault (e.g., teenager needing a foster home, but unable to be placed). Thus the possibility of children being erroneously incarcerated is very high. The court found that the children had a liberty interest protected by the fourteenth amendment and that since the Georgia statute did not provide for due process it was unconstitutional."

Our history as an association is full of beautiful examples of parents fighting for their child's best interests, opposing doctors, social workers, teachers, and other professionals who blundered badly in their recommendations. Nevertheless, our association must always stand for the rights of mentally retarded citizens, even if that occasionally means coming into conflict with other parents. We can't expect professionals to do this for us. They'll always be ignored because "they don't really understand." Issues such as mainstreaming children with special needs into regular classrooms, "death with dignity", abortion, and the eventual closing of institutional snake-pits are forcing us to take a stand.

Ed Skarnulis

Estate Planning For Parents And Relatives of A Retarded Person

A common concern of parents of a mentally retarded child is what will happen to the child after their death. The problem is to find a means of disposing of their limited assets at death in a manner which will assure that these assets will be expended for the benefit of the retarded person, and last for his lifetime. There is no simple solution to this problem. The alternatives available are complex and vary with each situation. The following, however, is an outline of some important considerations to keep in mind in deciding what is appropriate for you and your child. (The term "child" is used in this article to describe a relationship and is applied to mentally retarded adults and minors.)

The first step for the parents and their attorney is to become thoroughly informed on the current and potential capabilities and limitations of the retarded child. Many factors, of which the following are but a sample, should be considered: The degree of mental retardation; education, personality and behavioral habits; other physical and mental handicaps; work history and earnings; interests (television, radio, sports). Often the parents themselves are not fully aware of the retarded person's potential for development, and it may be helpful for the attorney to employ a professional to fully and accurately evaluate the retarded person. This information enables the estate planner to draft a plan sufficiently structured to deal with the retarded person's limitations, and yet flexible enough to allow for the full development of his potential.

In formulating the estate plan the most important rule is that the mentally retarded child should not be allowed to inherit property outright, with the exception of personal items of emotional attachment having nominal value. There are several reasons for this:

1. Most states have laws permitting government agencies to take all or almost all assets owned by the retarded person as reimbursement for their services. These agencies do not hesitate to file suit to attach these assets if they are of value.

Notes From The President...

GOARC GETS A FACELIFT

Good news! We're getting new office furniture (thanks to Don Grimm for some terrific bargains) and we're looking for new offices to accommodate an ever increasing number of staff. GOARC is on the move!

GOARC AND SCHOOL SYSTEMS

For nearly ten years GOARC has focused its attention almost exclusively on ENCOR, and far less attention has been paid to the schools, children, parents, and professionals. Times change. While we can't ignore ENCOR, we also need to look to the thousands of people in public and private schools because:

1. GOARC and ENCOR are seen as synonymous by a lot of people---an awkward situation for an advocacy agency purporting to be objective.
2. Potential leadership can be drawn from the parents and professionals in schools---a source of strength for the future.
3. Parents everywhere have a right to the help GOARC can provide.
4. Schools do have problems and could be helped by consumers.

To begin with, a glaring problem shared by schools and other agencies (like ENCOR) is "articulation" of services. When youngsters leave school and need more job training where do they go? Schools and vocational service programs are simply not coordinating their efforts at this time.

Another problem is the need for more participation in GOARC by teachers and school administrators. Did you know that out of our 500 individual members there are fewer than 10 who are professionals from the schools? None serve on our Board of Directors or any one of the 22 committees.

I have this advice for my teacher friends: Remember how you told students in the 60's that it was better to become a part of the system and change it from within than to "drop out"? It still is. If you think parents are insensitive, join us and show us how to change. If you don't like our monitoring efforts, tell us how we can improve them.

RIGHTS OF PARENTS VS. RIGHTS OF MENTALLY RETARDED

At the ENCOR forum held last week, one of our staff members listened patiently as parents talked about their needs and their problems. Finally, he rose and suggested that perhaps we also ought to focus in on the needs and problems of the mentally retarded citizens we serve. He was not being sarcastic or irreverent, but was sincerely questioning whether or not our focus of discussion was where it belonged. A lady in the audience rose and indignantly challenged the young man, suggesting that the best interests of mentally retarded persons and their parents are always one and the same. Is this so? Please read carefully the following excerpts from an article in Law and Behavior:

"Increased recognition of the dimensions of the national problem of child abuse and neglect have led courts to realize that parents do not always operate in the best interests of their children. It has long been established that parents cannot bar needed medical procedures and more recently it has become common to prevent parents from having their children or mentally disabled relatives sterilized without procedural safeguards."

BARTLEY VS. KREMENS

"A case raising these issues, Bartley vs. Kremens, 402 F. Supp. 1039 (E.D. Pa. 1975), was discussed in 1 Law and Behavior, No. 3, page 1. In that case, children under the age of 19, and either allegedly mentally retarded or mentally ill, were committed to institutions over their protest. Plaintiffs argued that due process required some opportunity to help the children by treatment, not punishing them by incarceration, procedural safeguards were not required. Defendants further contended that if due process were required, parental consent to the commitments satisfied it.

Notes From The Executive Director...

ADVOCACY OCCASIONALLY MEANS SPEAKING OUT

In the past year GOARC has been concerned about the quality of services provided by various agencies and groups throughout the state to retarded citizens. On several occasions, I wrote letters to "Another Point of View" in the World Herald commenting upon the state's control of services and its lack of response to mentally retarded persons' needs. Several of us spoke out publicly when we learned about a substantial surplus of funds at ENCOR that we felt should be used to provide services to retarded citizens on waiting lists. We have indicated our concern that some public school teachers are not providing quality individualized services to some handicapped students. Some people feel that we should be able to resolve all our difficulties and our problems by sitting down face-to-face with the administrators involved. Indeed, we do discuss our concerns directly with the responsible persons. However, we refuse to agree to decisions in smoke-filled rooms that would have adverse effects on mentally retarded persons. We must maintain our ability to speak out publicly. At times this will mean that we must use the press and other forms of media when we feel that mentally retarded persons' rights are being abridged or that the quality of services provided by an agency is substandard.

Speaking out and condemning agencies publicly is not an approach that we feel should be used with a great deal of frequency. Rather than going public with our concerns we have first attempted to resolve our differences by talking to the individuals concerned. We have only gone public after we have felt that there are no other options. As an advocacy agency we are incorporated to perform the role of spokesman for persons labeled mentally retarded. We will continue this role as long as there is a need, as long as there are people who are incapable of speaking out on their own behalf, as long as there exists the possibility of abuse or lack of services to retarded persons from agencies and bureaucracies.

It is encouraging for me to know that there are more and more people who are willing to get involved, who are willing to make their voices heard, who are not afraid to stand up and be counted and to outwardly disagree when they feel an appropriate service is not being provided for retarded persons. Our mission at GOARC is to be the catalyst in teaching and training additional volunteers to have the commitment to retarded persons that enables them to speak out when rights of retarded persons are being abused or overlooked.

VOLUNTEERISM AT THE CROSSROADS

From November 1 to November 4 I attended the NARC Convention in New Orleans along with two other GOARC members, Ed Skarnulis and Patty Smith. In addition to attending the Conference, I found the time to see King Tutankhamon's Treasures, to take a cruise on the Mississippi River, to see Bourbon Street at different times of the day and night, and to talk to numerous ARC members from throughout the country.

The format for the sessions was different than in previous years. This time there were five tracks which covered topical areas of major importance for NARC. I attended the track entitled "Volunteerism at the Crossroads: Coping with Change."

I've listed below a potpourri of facts and ideas that I learned while attending the volunteerism track:

1. There are 34,000,000 volunteers in the United States who together contribute approximately \$30,000,000 worth of service a year.
2. There are currently several bills in Congress pending regarding the regulation of voluntary organizations. Among the main areas to be regulated are how fund raising costs will be reported, what type of accounting principles will be required, and who will enforce the regulations.
3. Two of the major qualities that Board Members should have is that they can conceptualize the program and that they have creativity (The definition given of creativity was "the defeat of habit by originality.")
4. Volunteers institutionalize revolution.
5. 75% of NARC members are 39 years old or older.
6. The Jaycees attempt to involve their members as soon as possible and offer them an orientation within the first 30 days.
7. In order to recruit members an agency must market uniqueness; in other words their reasons for being must be very well spelled out.

Thomas Miller
Executive Director

TABLE OF CONTENTS

Notes from the Executive Director	1
Notes from the President	2
Estate Planning For Parents.....	3-4
O.P.S. TMR Intermediate Class.....	5
Spotlight on the Sochas.....	6-7
The Hardest Services.....	7
Letters to the Editor.....	8-10
Hotline for the Handicapped.....	10
Action Committee on Poverty & Mental Retardation	10-12
Book Review.....	12
Reminiscing by a Pilot Parent.....	13
Alice in GOARCia.....	13-14
Odds 'n Ends.....	15
New Faces.....	16-17
News Release.....	17
A Honey of a Sunday.....	18

GOARC Executive Committee: Ed Skarnulis, President; Tom Upton, First Vice-President; Pat Jung, 2nd Vice-President; Jan Novicki, Recording Secretary; Pat Henry, Corresponding Secretary; and Chuck Stradford, Treasurer.

GOARC Staff: Tom Miller, Executive Director; Amy Humphries, Administrative Assistant; Lynne MacDonald, Office Manager; Donna Reh, Secretary; Patty Smith, Coordinator, Pilot Parent Program; Carl Sullivan, Client Ombudsperson; Billie Cook, Coordinator Poverty & Mental Retardation Program; Christine Smith, Legal Advocate; Ken Kontor, Public Relations Assistant.

Editor: Cathie Campbell

GOARC is a non-profit organization whose purpose is to provide a strong volunteer support organization for all mentally retarded citizens and their families by advocating for the rights, needs, and full development of these citizens of Douglas and Sarpy Counties. Annual Membership: \$9.50.

Greater Omaha Association for Retarded Citizens
140 South 40 St., Omaha, NE. Ph: 551-9450

GOARC GAZETTE

DECEMBER
1977



According to statistics, seventy-five percent of mentally retarded persons are from poverty areas. Some of the factors which contribute to the relationship of poverty to mental retardation are:

1. Lack of Pre-natal Care - We realize Omaha has many fine health facilities available to the public. A large number of pregnant women from poverty areas do not receive the necessary pre-natal care because of a lack of awareness of its necessity, lack of transportation, or lack of money to provide the necessary medication one may need or medical services.
2. Lead Poisoning - Often poor families are forced to live in houses that cannot or would not be rented to persons of other economic backgrounds. The houses are painted with lead base paint, and it is difficult to force landlords to spend money to repaint the houses. Small children have a tendency to place reachable particles in their mouths. If paint has fallen from radiators, or the walls, the chips can be ingested by the child, which could cause brain damage, if they consume a lot of it.

Because of the limited space, I have only cited two examples; there are many more factors, i.e., malnutrition, health hazards, financial resources, etc.

What is the function of the Action Committee on Poverty and Mental Retardation as it relates to the above information?

1. The Committee members are parent volunteers and interested citizens.
2. The Committee plans or participates in activities to inform the community of the relationship of poverty to mental retardation.
3. The Committee produces educational material on prevention and distributes it to the community.
4. The Committee identifies parents who are interested in carrying out the objectives of the committee.

(Look for other articles in the Gazette on activities planned by the Committee.)

Billie Cook, Coordinator
Poverty & Mental Retardation Committee

PREVENTION WEEK

November 13 through November 19, 1977, was proclaimed by the Action Committee on Poverty and Mental Retardation as "Prevention Week".

The purpose of Prevention Week was to create an awareness among parents and women of child-bearing age of the necessity to prevent developmental disabilities (mental retardation, epilepsy, cerebral palsy).

There were twenty-one churches identified in Omaha. Those churches were located throughout the community and represented different denominations. Each church received 500 leaflets on prevention. The ministers were requested to make this material available to their congregations beginning Sunday, November 13. With the cooperation of the churches, 10,500 persons received information on prevention.

¹ Poverty and Mental Retardation - A Casual Relationship - Roger Hurley

There were 22 community agencies, with health clinics included, identified in Omaha. Each clinic and agency received 200 leaflets. We requested their cooperation in placing the leaflets in waiting rooms or other accessible places for the public receiving their services beginning November 14, 1977. This represented 4,400 people. The total number of people this project affected was 14,900 people. This project also created an awareness in the public of the Action Committee on Poverty and Mental Retardation.

The committee wishes to express its thanks to those churches and agencies who helped make "Prevention Week" a success.

Billie Cook, Coordinator
Poverty & Mental Retardation Committee

HERE'S HELP

for persons with developmental disabilities
(epilepsy, mental retardation, cerebral palsy,
and autism) their friends, relatives, and con-
cerned citizens.

FACT - The Nebraska Developmental Disabilities Council has funded an Ombudsman position for persons with developmental disabilities. 11

WHAT IS AN OMBUDSMAN? - The Ombudsman is a person who assists citizens with developmental disabilities protect and promote their human, civil, and legal rights and their rights to services. These are the same rights possessed by persons without such disabilities. The Ombudsman may be able to help you on an individual basis or work with your group. In Dodge, Washington, Cass, Sarpy, and Douglas counties, he will work with you to protect and promote your rights. If you live outside this five county area, he will refer you to a proper source of assistance.

HOW DOES HE DO IT? - The Ombudsman investigates complaints of possible violations of the rights of persons with developmental disabilities. Concerned for their welfare, he may also take action on his own. He does this through inquiry, notification, referral, inspection, criticism, persuasion, reporting, publicity, and recommendation. The Ombudsman may monitor or watch a service to make sure that you receive the services you need when you need them.

He contacts all persons involved so he can have an accurate understanding of all the issues. He cannot perform miracles but he does do everything in his power to protect and promote your rights OR to help you do it yourself. The Ombudsman works with personal advocacy programs throughout Nebraska in order to develop advocacy plans, committees, and protective policies and mechanisms.

WHO CAN CONTACT THE OMBUDSMAN? - Any person who has reason to believe that the rights of developmentally disabled citizens are being violated, neglected or abused. Anyone wishing information on the protection and advocacy of developmentally disabled persons can also contact the Ombudsman.

WHAT ABOUT CONFIDENTIALITY? - Information received by the Ombudsman shall be considered confidential insofar as the law will allow. This policy is designed to protect both the person(s) involved in a situation and the contacting party. If and when confidentiality is hindering a solution to the problem, the Ombudsman may remove confidentiality, BUT ONLY AFTER the contacting party has been informed of the possibility of removal and has had an opportunity to discuss the reasoning behind this.

WHEN TO CONTACT THE OMBUDSMAN? - As soon as you have reason to believe that your rights as a person with a developmental disability or the rights of others with developmental disabilities have been violated, are being violated, or will be violated.

FOR MORE INFORMATION - Contact: Developmental Disabilities Ombudsman, 140 South 40th Street, Omaha, NE., (402) 551-9450.

book review

Father Power by Henry Biller and Dennis Meredith. (Anchor paperback: N.Y., 1975. \$3.50)

If you've wondered "what's a father for," besides supporting his family and taking out the trash, then Father Power, by Henry Biller and Dennis Meredith, should interest and enlighten you. Their book is evidence of the rather recent discovery by social scientists that fathers, instead of being merely "bread winners" or "handymen" around the home, play a vital role in the personality and development of their children.

In lively and non-technical language, the authors describe the impact fathers can have on their children's development. Fathers, say Biller and Meredith, strongly influence a child's sex-role identification, his or her self-esteem, achievement motivation, and feelings of self-control. Because children identify with the parent of the same sex, the father's ways are particularly important to male children, who will use the father's example as a pattern to imitate. Although a daughter will model herself after her mother, her relationship with her father is important to her feelings of self-esteem and her acceptance of herself as a woman.

A crucial variable in the father-child connection is the father's availability to the child; a father who has neither the time nor the patience to give is, in effect, surrendering his influence on the child. A second factor, which the authors stress repeatedly, is the quality of nurturance. Nurturance includes, among others, all those supportive actions and accepting attitudes that ought to be part of every father's approach to his child: physical caring, expressing affection, listening, respecting, setting goals and limits, permitting and encouraging the child to be independent.

Father Power is a readable and challenging book. Although the authors have many suggestions on ways to improve and maximize father-child relations, ultimately they ask fathers to examine themselves on their nurturant qualities, their availability, their effectiveness as models their children will imitate, their relevance to their children's lives.

Robert Coleman

Reminiscing by a Pilot Parent

Seven years ago this month in November 1970, Shirley Dean and I were charged with the task of developing a program for which I had been asking for some time, to give support to parents at the time their child was diagnosed retarded. By August, 1971 we were ready to present a written proposal to the GOARC Board for approval.

The next three months were rather hectic - electing parents to be on the Steering Committee, parents to be future pilot parents, developing a training program - getting everything in operational order. Our first orientation meeting was December, 1971 and our first training session was January, 1972. By February we were "chomping at the bit" -- ready to go.

For two and one half years the program was totally volunteer operated. All of the publicity, talks, leg work, etc., was done by those dedicated, overworked pilot parents. Our referrals exceeded our expectations even in those early days, and we were kept very busy.

It soon became apparent we, as volunteers, had reached our limit. If the program was to continue to grow, we needed a full-time employee. An application for a grant was submitted to the State Developmental Disabilities Council in 1974 and with its acceptance and approval, Patty Smith was hired as coordinator. We have all seen how the program has grown through Patty's efforts. State Developmental Disabilities Council funded us each year for the next three years.

With so many requests for information about the program coming in from surrounding states, we decided to apply for a regional developmental disabilities grant. It was also approved. This covers Region VII (Nebraska, Iowa, Missouri and Kansas). Not only do we cover the four states, but this time the funding is for three years. How does this new grant affect the Pilot Parent Program? In the middle of October two outreach specialists were hired, Sherry Bauer and Glenda Davis, both Pilot Parents. It is their task to take the program into each of the four states. A regional advisory committee has been appointed. The first meeting is scheduled December 9 in Omaha. From information gathered at this meeting it is planned that Sherry and Glenda will visit ten sites in the four states to assist in establishing a Pilot Parent Program.

Patty will continue to direct the local program, and we will continue to operate the Pilot Parent Program as in the past. Our new grant will enable us to obtain more training materials, our own copy of "Cry Sorrow, Cry Hope", and a new slide presentation which will allow us to have a smoother operating, more efficient program.

At the present time a training manual is being prepared which should enable anyone anywhere to establish their own program.

Many new horizons have opened up for us with the regional grant, and we are all looking forward to meeting them with great anticipation.

Fran Porter

Alice in GOARCia

PORTER HOUSE GETS FACELIFT

"They turned an ugly duckling in to a beautiful white swan," says Fran Porter, referring to the Pilot Parents who arrived with paint pots, brushes and ladders on September 2nd and 25th and again on October 1st. Not only did they paint their two story house but repaired and puttied windows as well. Since her husband Tom has been ill and unable to do the work himself, the transformation was not only timely but a morale booster.

Involved were Sherry and Dick Bauer, Chris Christiansen, Glenda and Larry Davis, Don Grimm, Tom Miller, Don and Lila Schafer, and Les Sampson. Not wanting to be left out, Pat Herren sent brownies for lunch.

SWINGERS ARE GOOD NEIGHBORS

Eight years ago a group of golf buddies raised \$1,000 to help an injured friend. Success went straight to their hearts. Aware that one of their members had a child in Beatrice, they decided to SWING FOR THE RETARDED.

This year, golf tournaments in April and mixed tennis doubles in August netted \$50,000, a sum they divided among 11 agencies. A check for \$2,500 was presented to Tom Miller, GOARC Executive Director in October. It will be used to prepare and distribute brochures to upgrade GOARC's public image.

From Mrs. Angela Cutchall, whose husband Bob is also active, I learned the distaff side of the story. Wives worked backstage at first but soon decided to sponsor their own golf tournament, which has been successful.

Between events everyone scurries to get free meeting places, prizes, food, and drink. "If we have to pay for anything," Mrs. Cutchall commented, "We don't use it."

MORE PILOT PARENTS

On November 21, Tom Miller presented certificates to recently trained Pilot Parents. Bill Ferguson, Regional Director of the Office of Developmental Disabilities in Kansas City and Dr. Frank Menolascino, President of NARC were distinguished guests.

Barbara Bishop's 16 room house, plus wine and cheese for conviviality, provided a pre-Thanksgiving atmosphere for new and old Pilot Parents and opportunity to get acquainted.

TWO HEADS BETTER THAN ONE

More than 150 clients, parents, and staff members danced, ate pizza, and quenched their thirst at a Halloween party at Fontenelle Park Pavillion on October 29th. A joint effort by Project II (decorations and clean up) and ENCOR Recreation Specialist, Don Harris, (disc jockey) assisted by his brother, Kevin (drummer) together with donations sought by a number of persons, made the evening a financial as well as social success. The profit will be evenly divided between the two groups. Project II has earmarked its share for the state-wide convention they are planning. Recreation will stash theirs in a slush fund for future fun times.

A highlight of the evening was the dance contest won by Harold and Inez Edwards.

COMMITTEE KEEPS BUSY

Dorothy Cloonan, Eddie Felix, Linia Gude, and Ellen Meyer, advisory group to the Committee on Poverty and Mental Retardation, keep the ball rolling by meeting bi-monthly to plan programs to educate parents and alert the public about the link between mental retardation and poverty.

October 11th, committee members, parents, and staff visited the Glenwood State Home at Glenwood, Iowa. They were impressed by the quality of vocational training but dismayed by the size of the few facilities under construction to house clients (rather than provide homes).

A film, "Profile of Poverty in Nebraska," and a speaker to inform and answer questions about Supplemental Security Income provided other interesting meetings.

To emphasize Prevention Week in November, the committee placed brochures for distribution in local churches and office waiting rooms where the public would be likely to pick them up and read them.

CAN WE KEEP THE LID ON?

There's no doubt in Pilot Parent Coordinator Patty Smith's mind that the new staff - Sherry Bauer and Glenda Davis, recently hired with a grant from the Regional Developmental Disabilities Office, can expand the Pilot Parent Program to ten in the next year. Five calls in one week make Patty wonder if they can keep the lid on.

December 9th, eight persons from the Regional Advisory Committee (Kansas, Iowa, Missouri, and Nebraska) will meet in Omaha with staff and ex-officio members Shirley Dean and Fran Porter to make tentative plans for a workshop for parents on February 4th. More about that later.

ODDS 'N ENDS

URBAN INDIAN HEALTH ASSOCIATION, INC.

In April of 1977, the Urban Indian Health Association, Inc. began operation to provide health care service for the Native American who has moved to the city. Those who leave the reservation lose all health care privileges and many go without needed health care.

Located at the Douglas County Hospital, the Urban Indian Health Association is primarily a referral agency but they also provide home care, transportation to health centers and teach good health practices to families relocating in Omaha. Health fairs have also been conducted to familiarize people with the health services in the urban area.

At the present time the Urban Health Association is operating on donations but hope to receive a grant through U.S. Public Health Title V funds. If funded, the agency believes that it could provide a more meaningful life for Indian people living in the urban area.

EPILEPSY FOUNDATION

"The Epilepsy Foundation of America now offers its members a low-cost, drug plan that saves participants from 30-70 percent. All major brand names anticonvulsant and generic drugs are available through the EFA Prescription Drug Program. Members may also order non-liquid prescription medications and vitamins too -- all at prices well below retail levels. Contact your local EFA Chapter (Nebraska Epilepsy League or Epilepsy Council of Omaha), or the Epilepsy Foundation of America for more information." Reprinted from a brochure published by the Epilepsy Foundation of America, 1828 L Street, N.W., Washington, D.C., 20036.

HORACEK VS. EXON

On December 5, 9:30 a.m. in Judge Schatz's courtroom in Omaha's Federal Building there will be a hearing to show evidence and testimony regarding state compliance with the consent decree that was agreed upon in August of 1975. If Judge Schatz determines that the consent decree has been violated by the State, he will set a time for another hearing to discuss possible remedies and relief. The U.S. Justice Department will be involved and has a large number of witnesses to testify that the state has not lived up to the consent decree and agreement. The hearing will be opened to the public.

Art Peabody, a U.S. Justice Department Attorney, said the hearing would probably last two and a half weeks. The public is invited to attend at any time during this period.

GENERAL MEMBERSHIP MEETING

Governor's Assistant to Address Membership Meeting

Norm Otto, Governor Exon's Assistant, will be present at GOARC's next General Membership meeting which will be held on Tuesday, January 17, at First Federal Lincoln, 2101 S. 42nd Street beginning at 7:30 p.m. Mr. Otto is coming to tell the GOARC membership what the Governor's office has done to support mentally retarded persons in community and institutional services throughout the state in the past, and what the state intends to do in the future.

RESPIRE CARE TRAINING

Last year Ben Caccioppo at M.C.R.I. ran a respite care training session. Because of its success, there is and will be more training sessions. The trainings are in the same form as Ben Caccioppo's project last year, but Easter Seal Society is coordinating the program and Cindy Smith is in charge. Before the applicants are accepted for the training sessions, they are screened. After they have finished their training, they are put on a list and when a consumer calls, Cindy will give them the names of people available according to location and need of the consumer. It will be up to the consumer to work out time, place, transportation and fee. The last evening of training for this session will be December 13, so for the busy holidays there will be responsible trained people somewhere between the ages of 18 and 55 available for weekends and evenings. If you are interested, call 333-9306 between 8 A.M. and 4:30 P.M., Monday through Friday.

AUSTRALIAN VISITOR

Mrs. Ethel Temby from Australia was with us again on Tuesday, October 25th at the GOARC office. It was a better turn out than last year! The last time she was here, I am sure we didn't get the message out, but this time, ladies, she got her point across to me, you, and everyone else that was in that conference room! And the point was love. She wasn't just concerned about services for her son, she was thinking of other disabled citizens. She was thinking of other mothers that had tried so hard and failed. She doesn't want the younger parent of tomorrow to go through the same changes she did. So, Mrs. Temby, God Bless You and Your Work!

New Faces at GOARC

Barb Bishop is GOARC's new CETA funded parent support coordinator; her goal is to reach the parents of the handicapped adolescents and adults and to serve the special needs and problems of these parents. After becoming acquainted with the parents, Barb will provide special programs of support in their area of interest.

Barb is a mother of five children. When she does have a spare moment she enjoys drawing. (Cover picture this month was drawn by Barb.) Barb has attended UNO majoring in Art and Psychology, with her minor in special education. She is also working towards certification in Gestalt Therapy.



GOARC's new Outreach Specialists are Glenda Davis and Sherry Bauer. The Outreach Specialist purpose is to expand the Pilot Parent Program into Region VII which is in Iowa, Nebraska, Missouri and Kansas. Glenda and Sherry are both enthusiastic about their new jobs. It is quite an opportunity to work professionally for something they believe in and have worked for so hard. Glenda and Sherry are anticipating a tremendous growth for Pilot Parents.

Glenda and Larry Davis have been active volunteers with GOARC for the last four years and Pilot Parents the last six months. Glenda has attended UNO majoring in education with a minor in special education. When she isn't involved with their six active sons, she enjoys a good book, and practicing tennis.



Sherry and Dick Bauer have also been active volunteers in GOARC for nine years, and pilot parents since it was first conceived in 1971. Sherry attended the College of St. Mary's and her major was education. Sherry is the mother of four children and she enjoys camping when they can all get away.

Mike Curoe is a CETA employee who has joined the GOARC staff as Deputy Ombudsman and is working as Carl Sullivan's assistant in the Developmental Disabilities Ombudsman Project. Mike is a 1977 graduate of Creighton University where he majored in psychology and minored in history.

Mike is single and his hometown is Bernard, Iowa, a small town outside Dubuque. Mike enjoys his work and is excited about meeting the challenge of his new job.



The Greater Omaha Association for Retarded Citizens has gained two new secretaries funded through CETA.

Dale Brickell has had prior knowledge of GOARC through the involvement of her parents, Chris and Peggie Christiansen. Dale has been a volunteer for Honey Sunday for the past four years. Dale has two young sons and enjoys tennis and bowling in her free time.



Debbie Redick is formerly from Fort Smith, Arkansas and has lived in Omaha for a year and half. Debbie, recently married, enjoys cooking and sewing.



Pat Henry will begin his new job at GOARC as our new membership development coordinator. Pat has worked at ENCOR for the past two years as a residential manager. Pat has also worked as an active voluntary advisor to GOYARC youth, who have won two national awards while under his direction. Pat is enthusiastic about gaining new membership for GOARC. Pat said that he "would like to have as many new members as there are jars of honey down in the basement."



Pat, there are now approximately 8,100 jars of honey in the basement. Good luck!

Kathy Johnson who is also CETA funded is GOARC's Citizen Advocate Coordinator. Kathy's job will be recruiting, screening, training and matching advocates with proteges, she will also be spending some time assisting in administration.



Kathy is taking six hours at UNO this semester while working towards a communication major. She has previously been involved as a volunteer doing group work with the families of alcoholics. She has four girls and, when she can spare the time, she enjoys the theatre and creative writing.

News Release!

HEALTH DEPARTMENT LEAD PROGRAM EXPANDS TARGET AREA

The Omaha-Douglas County Health Department Childhood Lead Poisoning Program is expanding its first year target area beginning November 1, 1977. The original area which was bounded by Fort Street north, 40th Street west, Dodge Street south, and the river east, has been expanded west to 48th Street and north to Redick Avenue. Health Department teams will move into this area on November 1, 1977, to begin door-to-door screening of children from six months through five years of age for lead poisoning. An additional benefit of the lead screening method being used is the detection of children with iron deficiency anemia.

The health department received a federal grant on February 1st of this year to develop a childhood lead poisoning program and as of September 30th, 1,995 children have been screened. This is 66.5% of the first year objective of 3,000 children. To date, 87 children have been found with some degree of lead poisoning ranging from minimal to extremely elevated. An additional 101 children have been found with iron deficiency anemia. All these children are being followed up by health department staff to see that they get needed medical evaluation and treatment, retests to monitor their blood lead levels and nutritional counselling. The lead program sanitarian also makes inspections of the home environment of all children with elevated blood lead levels to try and discover the cause of their lead problems and recommend ways to eliminate the lead hazard.

The health department lead program urges parents of children between six months through five years of age to take advantage of this free testing program particularly if they live or frequently visit homes built before 1950. The test requires only a simple finger stick and takes very little time.

Parents should know about lead poisoning. For more information or to make an appointment to have your children tested, call 444-7825.

Wayne A. Downie
Program Coordinator

A Honey Of A Sunday



Honey Sunday 1977 was a terrific success. Over \$36,500 was grossed. Out of that amount, Madonna School and GOARC will receive a total of \$21,500.

Several variables contributed to the success of Honey Sunday this year. First, under the leadership and direction of Bob Gehrman, GOARC Chairperson, Ron Schaefer, Jaycee Chairperson, and Dave Wingert, Honorary Chairperson numerous people were recruited to drive and sell the honey. Bob, Ron and Dave provided the fuel to fan the fires of interest and enthusiasm for the other key volunteers. Second, there are many businesses and organizations which contributed their manpower or their space for Honey Sunday. Without their avid support, Honey Sunday would be a very weak event. And finally, the weather held up for the fourth year in a row. We always risk blizzard conditions when the event is held in November, but this year we had a warm sunny day.

What follows is a list of businesses, organizations and key volunteers who contributed time and energy to make Honey Sunday, 1977 Number One. It's impossible to list everyone who participated in Honey Sunday. So, to all of you who gave your time to make this a successful event -- thank you!!

BUSINESSES & ORGANIZATIONS

Alpha Sigma Gamma Sorority
 Bellevue Jaycees
 Bennington Jaycees
 Clipped Wings
 Commercial Federal Savings & Loan
 North Office
 Commercial Federal Savings & Loan
 Northwest Office
 Commercial Federal Savings & Loan
 South Office
 Commercial Federal Savings & Loan
 West Center Office
 Corinth Memorial Baptist Church
 Creighton University Students
 Delta Sigma Pi Fraternity
 Delta Zeta Sorority
 Dunkin Donuts
 Greater Omaha Youth Association
 for Retarded Citizens
 Gretna Jaycees
 Hinky Dinky Stores
 Junior Achievement of Omaha, Inc.
 Kentucky Fried Chicken
 Knights of Ak-Sar-Ben
 Martin Pastry, Inc.
 Metz Baking Co.
 Midwest Riders Motorcycle Club
 New Hope Baptist Church
 Northwestern Bell Telephone
 Northwestern Bell Jaycees and
 Mrs. Jaycees
 Omaha Jaycees
 Omaha Police Department
 Packers National Bank
 Papillion Jaycees
 Phi Kappa Psi Fraternity
 Pi Kappa Alpha Fraternity
 Pleasant Green Baptist Church
 Ralston Jaycees

Security International
 South Omaha Boys Club
 Southwest Bank of Omaha
 Springfield Mrs. Jaycees
 St. John Vianney Catholic Church
 St. Timothy's Lutheran Church
 Sigma Alpha Epsilon
 Theta Phi Alpha
 United States National Bank
 Zeta Tau Alpha Sorority

CHAIRPERSONS & COORDINATORS

Sharon Abboud
 Chris and Peggie Christiansen
 Ron Claussen
 Glenda Davis
 Sister Mary Evangeline
 Claire Farley
 Bob Gehrman, GOARC Chairperson
 Don Grimm
 Cindy Hadsell
 Steve Hill
 Bob Lanphier
 Mary McGill
 Ron Schaefer, Jaycee Chairperson
 Sheila Smith
 Dave Workman

GOARC General Membership Meeting

(TUESDAY, JANUARY 17, 1978)

Topic

1978 PROPOSED LEGISLATION
FOR RETARDED CITIZENS IN
NEBRASKA

GUEST SPEAKERS

Norm Otto

(Assistant to
Governor Exon)

**Senator Frank
Lewis**

(State Senator from
Bellevue)

FIRST FEDERAL
LINCOLN

2101 S6. 42nd St.

REFRESHMENTS
7:00 PM

MEETING
7:30 PM

CALENDAR

PILOT PARENT PROGRAM - MORNING COFFEE SERIES is going to switch from Thursday to Tuesday mornings at 9:30. According to our weather calendar all snowstorms will now switch from Thursday to Tuesday mornings.

- JANUARY 10 Film "Just Like Other People" This is a love story about a young couple with cerebral palsy who want to get married.
- JANUARY 17 Speaker on Positive Parenting - Karen Budd from NPI will present a program on achieving positive attitudes and approaches between parent and child.
- JANUARY 24 Film "Handicapism" - Excellent film - good for awareness and shows the subtleties of how we handicap others.
- JANUARY 31 Speaker and Film "Special Olympics" - Ed King will present film and be available to answer any questions. He has all the information on when and where practice starts.

All the above morning coffees will be held at the COARC Office, 140 So. 40th Street.

POVERTY AND MENTAL RETARDATION COMMITTEE

- JANUARY 11 Advisory Committee Meeting
9:30 A.M.
Meeting place will be announced at a later date.
- JANUARY 25 Panel Presentation: Services for Handicapped Persons, 18 years and older.
10:00 A.M. to 12:00 Noon
Logan Fontenelle Multi Service Center
2211 Paul Street
Sponsored by: Action Committee on Poverty and Mental Retardation.
Speakers will be announced later.

GENERAL NOTICES

- JANUARY 10 GOARC Executive Committee Meeting
7:30 P.M.
140 South 40th Street
- JANUARY 17 GOARC General Membership Meeting
First Federal of Lincoln
2101 South 42nd Street
7:00 P.M.
- JANUARY 24 GOARC Board of Directors' Meeting
7:30 PM.
140 South 40th Street
- JANUARY 16 PILOT PARENT ANNUAL BANQUET
Corats
6:30 Cocktails
7:30 Dinner



A United Way Agency 

Ms. Shirley Dean
ENCOR
885 S 72nd St.
NE 68114

NON-PROFIT ORG.
U. S. POSTAGE
PAID
Omaha, Nebraska
Permit No. 109