



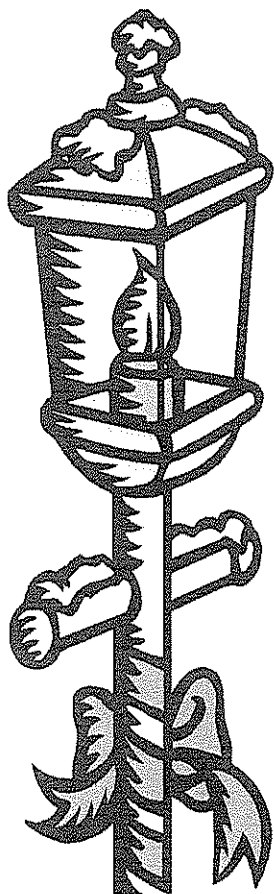
We Got Skills

Volume 1, Issue 4

Winter 2006

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Welcome!

Self-Advocacy~ What does it mean to you?

Self-Advocacy is being a voice for yourself, taking a stand on what matters to you, making decisions based on your life experiences and expressing what you want and need for yourself.

It is very important for all individuals to advocate for themselves. Often times if you do not advocate for yourself others are not always there to advocate for you. It is important to be a self-advocate and that is why we are highlighting self-advocacy in this edition of "We Got Skills."

You may ask where can Self-Advocacy happen? Well, anywhere. During Individual Plan and IEP meetings, at the Doctor's office, out in the community, even at home with your own family.

Skills Educators and Respite providers can also play a role in an individual's Self-Advocacy. They can assist individuals in attending Self-Advocacy events in the community and support groups. They also should support individuals in making their own choices and expressing themselves and their rights as a human being.

Our local Self-Advocacy group is called "Working Together" and the statewide group is called "People On The Go." Our local group "Working Together" participates in many activities that help people and spread awareness of Self-Advocacy. The group participates in Developmental Disability Day in



Annapolis every February where individuals have the opportunity to deliver letters and speak with state legislators about issues that they would like support with from our government. The group also attends the yearly Arc of Maryland conference which was held in Ocean City last year. They also donate canned goods to needy families around the Holidays to help others—not just themselves.

Everybody is a Self-Advocate. The group can help people to be more confident in developing ways and/or learning to speak up for themselves. You can advocate for yourself on local issues, statewide issues, and especially issues that affect individuals with disabilities.

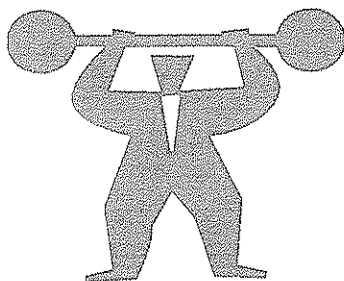
The Arc also holds a Legislative Reception every year which creates an opportunity for individuals to speak with their local legislators about issues that affect them. It is very important to always ask questions. If you don't understand something that will be affecting you please do yourself and your peers a favor and ASK QUESTIONS!!

For any questions concerning Self-Advocacy or our local Self-Advocacy group "Working Together" please contact The Arc of Frederick County.

~Rachael Shankle

Skills Educator Highlight

Brian Smith



Brian Smith is the highlighted skills educator for the quarter. Brian started providing skills education five years ago for people served thru The Arc. He has worked with adults and children

including John, Gary, Bruce, Dean, Nick, Ethan and Howard. He has been an invaluable resource for individuals on an "as needed" or respite basis. In addition to regularly scheduled skills education, Brian has accompanied individuals on vacations including cruises, so that they could enjoy a new experience as independently as possible.

Brian has also worked with children through the autism waiver and provided outreach, academic and behavioral trainings.

Brian has varied personal interests including cooking and acting. He recently became certified as a personal fitness trainer. He is currently planning to move to Virginia and will be continuing his education.

So, Brian is leaving us. "Thank you" for all the good work you have done, Brian, and we will miss you, but wish you the best of luck in your future endeavors.



Tips & Recipes

Living and Working with a Central Auditory Processing Disorder (CAPD)

The easiest, quickest way to communicate is simply to say something and then deal with the other person's reply, right? Right, unless your remark might come through with certain words drowned out by other noises, or with some words sounding like different words or as meaningless strings of verbiage. You might begin to suspect this when the other person's expression doesn't register understanding, or if he "answers the wrong question," or he asks you for additional information which most people would have been able to infer from what you just said.

Here are some helpful tips:

- Work in a quiet place
- Use pictures modeling with words—doing the task while listening to direction
- Short sentences, phrases—one idea direction or step at a time
- Speak slowly and clearly

CORNFLAKE WREATH COOKIES

1/2 cup butter	3 cups mini marshmallows
1/2 tsp almond extract	1/2 tsp vanilla extract
1 tsp green food color	4 cups corn flakes
red hot candies	

Melt butter, add marshmallows, stirring until all marshmallows are melted. Add extracts and food coloring; stir until it is a uniform green color. When mixture is smooth, add corn flakes; mix well but gently so as not to crush the cornflakes. Form into wreath shapes on sheets of waxed paper, decorate with red cinnamon candies. Let cool.

HANUKKAH COOKIES

1 cup butter or pareve margarine	1 cup sugar
2 eggs	2 Tbsp orange juice
1 Tbsp vanilla	2 cups flour
1/2 tsp baking powder	cookie sprinkles

Preheat oven to 400 degrees. Grease cookie sheets. Mix margarine and sugar until smooth; add eggs, juice and vanilla. In a separate bowl, mix flour with baking powder. Add flour mixture to dough and mix until just blended. Wrap dough in wax paper and chill for one hour. Roll out dough until 1/4 to 1/2 inch thick. Cut with cookie cutters. Place on cookie sheet and top with sprinkles. Bake 6-8 minutes or until lightly browned.

Skills Educators Outside The Classroom

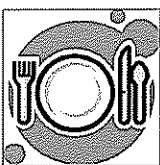
There are a couple of classes offered through The Arc of Frederick County and other community organizations which encourage individuals to expand and explore their interests along with increasing skills they can use in daily living.

Cooking classes have been popular with individuals wanting to expand their skills in the kitchen.

Art classes have been enjoyable for individuals looking to expand their current art skills or for those who are just looking for a new hobby.

Adult Education classes have been beneficial to individuals wanting to continue working on a combination of academic and independent living skills.

Skills educators can play an important role in helping individuals transfer the skills they have learned in class into action at home. It can take consistent practice between classes and continuation after the few weeks session of classes for an individual to be able to perform the skill with little or no assistance.



Cooking classes are taught by Chef Buck in his very own kitchen at his home in New Market for individuals supported

by The Arc of Frederick County. Chef Buck also has a connection with Frederick County Parks and Recreation and offers a variety of cooking classes through them. Healthy Cooking for Active Living, Cooking for 1 or 2, Spanish Tapas, Antipasto, Seafood Workshop, Just Desserts, Baking for Kids and Cooking for Kids are eight upcoming classes he will be teaching through Frederick County Parks and Recreation. A cooking class session recently

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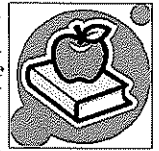
ended through The Arc of Frederick County and sessions should start up again in the spring. Skills educators can get ideas on dishes to help individuals cook at home by going to the classes with the individual.



Kristin Bohlander has been the main teacher for the art classes held at the Delaplaine Art Center. Kristin finished with the Exploring Sculpture class the beginning of November. Kristin has offered a variety of art classes at the Delaplaine Art Center such as painting, print

making, clay and sculpture work. The classes have given individuals an opportunity to explore various forms of art. Skills educators can help individuals who would like to make this a hobby by exploring different art projects they could do at home. The art classes are periodic through the year and some individuals may want to work on projects between class sessions.

The Adult Education classes have been taught by a variety of different teachers over the



years. The classes touch on both academic and independent living skills. Classes have focused on reading, writing, math, money, computer and communication skills. In addition, featured speakers

have done presentations on various independent living skills. Skills educators can help individuals continue learning outside of the class. Skills educators can take individuals to the library to continue their reading and computer skills. Skills educators can utilize some of the worksheets individuals do during class to help refresh individuals on what they have learned. Skills learned in class may not stick with the individuals if they are not continued outside of the classroom.



WE GOT SKILLS NEWSLETTER

620-A Research Drive
Frederick, MD 21703

Phone: 301.663.0909
Fax: 301.695.6454
Email: info@arcfc.org
Web: www.arcfc.org



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*Advocacy, Resources, and Connections for People
with Developmental Disabilities.*

Activities and Events-Winter '06-'07



In Frederick County...

December 15—Hanukkah-Jewish Celebration. Great resource on Hanukkah is the book entitled *Hanukkah in Eight Nights*—is a great source of songs, recipes, blessings, and games for the young and old at heart.

December 19—Messiah Sing-A-Long-The Weinberg Center @ 8pm. 301-228-2828

December 23—Weinberg Winterfest-Holiday sing-a-long featuring the Mighty Wurlitzer Organ and Mr. & Mrs. Claus at the Weinberg Center @ 8pm. 301-228-2828

December 26—Candlelight Tour of Historic Houses of Worship-A self-guided tour of historic worship sites in the city. 4-9pm. 301-228-2888 or 800-999-3613

December 28 & 29—The Spirit of Kwanza Celebrate Kwanza at the Kennedy Center. 800-999-3613

December—January 6—Holiday Cheer at Way Off Broadway Dinner Theater. 301-662-6600

December—January 28—Holiday Festival of Trains-B and O Railway Station, Ellicott City. 410-461-1945

December—January 7—Mr Bob Cratchit's Wild Christmas Binge-Maryland Ensemble Theater. 301-694-4744

January 12—Movie Night—"Cars" at Middletown Rec Center. 301-600-2936

January 13—Medieval Times at Arundel Mills Mall. Parks & Rec. 301-600-2936

January 15—Schools Out All Day Adventure! Catocin Rec Center. 301-600-2936

January 19—Winter Wonderland Dance Party at Catocin Rec Center. 301-600-2936

February 10—Daddy Daughter Dance at Frederick County Activities Center. 301-600-2936

February 14—Valentine's Day Dance at Catocin Rec Center. 301-600-2936

February 19—Day on the Slopes at Whitetail. Parks & Rec. 301-600-2936

March 27—Washington Capitals vs. Pittsburgh Penguins. Parks & Rec. 301-600-2936

Upcoming Trainings...

January 17, 2007

"People First Language"

February 8, 2007

"Know Your Rights"

March 15, 2007

"Self Determination and Making Choices"

March 22, 2007

"Seizure Recognition & First Aid"

All Trainings held at
The Arc of Frederick County.



Happy New Year!