



The ARCare Times

Volume IX, No. 1

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A note from Barb...

Executive Director, ARCare, Inc.

Happy Holidays! I wish each of you health and happiness in the coming year. As I reflect on the past year, I am pleased with the growth and success of ARCare. We are making a difference in the lives of people with disabilities and affecting the way families plan for the future.

As many of you know, Kansas is dealing with the biggest budget cuts in history. This, of course, has had a disastrous effect on funding services for people with disabilities, resulting in a waiting list of over four years. More than ever, future planning is critical for parents of a child with a disability. Parents cannot be complacent and believe that the current funding streams will be able to meet their child's needs. They must look for natural supports and non-traditional options. Future planning is an exercise in exploring and discovering options.

Last week, at our open house, I had an opportunity to speak with several parents. One parent stated, "Becoming involved with ARCare is a step towards ensuring our child's quality of life continues, while involving our other children; but, without placing an undue burden on them."

I encourage you to set a goal for 2010 to be the year you address future planning issues. We offer consultations at no charge. Call us for an appointment (913)-648-0233.

ARCare Membership Campaign

Please note the enclosed Membership Application/Renewal. If you are already a member of ARCare, thank you and please renew. If you are not currently a member,

please consider filling out the application and joining us.

You have the choice of contributing to ARCare, Inc. (whereby your contribution would be used in our day to day operations) or to the ARCare Foundation. Monies in the foundation may be used to provide services to ARCare clients with financial need.

Either way, know that membership is available at any financial level. Thank you for your support.

The following were inadvertently left out of the May 2009 Newsletter as donors.

In Memory of Keith Curtis

Fred and Connie DeSieghardt

2008 Contributions

Fred and Connie DeSieghardt

Rich and Billie Hauber

Steven Ward



Running to Daylight

George K. Hersh, Jr., CFA

UMB Asset Management would like to present the Year-To-Date results of the ARCare Trusts for 2009. The Equity markets have improved markedly since our last review, but interest rates remain at historically low levels in the fixed income markets.

Results for the year:

- ARCare Trust I has reached \$2,086,107. This fund showed a total return up 7.53% for the YTD period ending October 31, 2009. This compares to a market return during the same period up 7.79%.
- ARCare Trust II is now at \$10,422,459. This fund's total return was up 7.32% for the YTD period ending October 31, 2009. This compares to a market return during the same period up 8.02%.
- Both these portfolio returns compare very favorably to the sharp downturn experienced in 2008. Returns of Trust I, for example, declined 8.3% in 2008.

We continue to look for positive developments in both the economy and the markets in 2010. Economic momentum is starting to turn and we expect gradual improvement throughout the year. We also believe we have seen the bottom of the "Great Recession" of 2008-2009. 3Q 2009 GDP results already show the beginnings of a moderate recovery. GDP growth was up 3.5%, the highest number in four quarters.

For 2010, Bill Greiner, our Chief Investment Officer believes the overall economy will grow GDP by 3% with unemployment gradually falling to the 8%-9% range late in the year.

We do not believe job growth will be strong or even moderately robust. It will almost certainly be a slow, tough period while companies dig themselves out of a very deep hole. In fact, Bill Greiner believes the recovery will be among the weakest our country has experienced since the Great Depression. Excessive debt, continued

structural problems within the banking system, a lackluster real estate market and the potential for rising tax rates leads us to the conclusion that economic growth will struggle over the next 12-18 months.

Having said that, we remain positive on the outlook for the markets. Equity markets tend to reflect the "expectations of growth" as much as the reality. The recovery has clearly begun, if only in fits and starts, and we believe the ARCare portfolios are well positioned to participate in this recovery.

UMB looks forward to serving ARCare as we take advantage of this change.

Member Profile: Jan Clarkson, Chairperson
By Mary Neil

About the same time that ARCare, Inc. came into existence in the early eighties, Jan Clarkson became involved with the Association for Retarded Citizens in Johnson County. At that time, she served on the ARC Board and was liaison to the ARCare Board.

She had recently settled in the Kansas City area and was seeking opportunities for involvement in the community. She happened to stop by a grocery store where ARC volunteers were selling "Honey Bears" to raise funds. These were bear-shaped containers of honey. She spoke to the volunteers and learned that ARC was a non-profit organization which provided services and advocated for individuals with disabilities.

Jan's sister, Nancy, has Down syndrome, and Jan thought to herself, "I think I need to find out more." Thus, her over 25 years' service with ARC and then ARCare, began.

The oldest of five, Jan grew up in Joplin, Missouri. After earning a B.A. in Religion at Lawrence University in Appleton, Wisconsin in 1976, Jan moved to Chicago where she had friends. Intending to pursue a master's degree in education, she took a "temporary" job at an insurance agency. Some thirty years later, she

is an account executive with the Lockton Insurance Companies, which was founded in Kansas City in 1966 and is the largest privately-owned insurance brokerage in the United States. She works in the Commercial Insurance Department, specializing in architectural and engineering firms.

In the late nineties, Jan began to consider starting a family through adoption. She researched options in the United States and then looked into adoption in China. In the fall of 2001, Jan traveled to China and brought home one-year-old Joy. In 2003, she adopted 17 month-old Juli. In her third trip to China in 2007, three-year-old Jennifer joined the family. Jan says, "I feel lucky and am glad that my family came together when it did. In the last few years, China has curtailed adoption for single parents."

"Daily life with three children and a full-time job for mom can be frantic at times but it is always fun," Jan says. Brownies, homework, play dates, birthday parties – there is always something going on. "Just being together takes effort sometimes, but we make it a priority."

With a full schedule at work and a young active family, Jan has limited free time. "My participation in ARCare is important to me. I think of my sister Nan. She is fortunate to have strong family support and services. I am Conservator and Representative Payee for her. We also have a Special Needs Trust. ARCare helps to fill the need for families of those individuals who may have fewer resources or have fewer family members to assist," she notes.

The family are members of The Church of the Resurrection in Leawood (a Methodist congregation). "I want my daughters to have compassion for other people and to give back. Where better to learn those skills than through a faith community?"

Jan expands this sentiment when talking about her fellow Arcare Board members,

"There's a huge need for the services that ARCare provides. Each member of the Board is touched, either directly or indirectly, by a family member or a friend with a disability." She adds, "We all share a mission when making a decision: How does this help the people we are trying to serve?"

More Than a Friend

By Kelly O'Connor



Assistance dogs make for a beneficial addition to the life of individuals with disabilities. Whether they're being used to assist the visually impaired, as is most common, or they're intended to be of assistance to hearing or mobility impaired persons, assistance dogs are a useful and positive force in the life of people with disabilities!

The American Disabilities Association defines an assistance animal as any guide dog, signal dog, or any other animal individually trained to provide assistance to a person with a disability. According to the Americans with Disabilities Act of 1990, the following is enforced by law: Registered assistance animals are allowed public access where pets are not allowed, even including restaurants. Landlords may not require pet deposits or additional charges for assistance animals, and in addition, landlords are required to allow assistance animals even if they enforce a no pets rule. When the animal is out in public, an owner is not required to show proof that the animal is an assistance animal. In fact, asking what the person's disability is, is

also prohibited, although you may ask what the dog does for the person. All of that being said, the dog's owner is responsible for any damage/injury caused by the assistance animal, and it is in bounds that they be asked to remove a disruptive dog (i.e. barking during a film).

Assistance dogs have been a part of our society for almost a century! Seeing Eye dogs were the first assistance dogs to come into prominence in the United States, through a foundation called Seeing Eye, in 1929. The idea was borrowed from Switzerland, where dogs were being trained for WWI Veterans. It was assistance to veterans (WWII) that also birthed Guide Dogs for the blind, in 1942. Both of these foundations are still around, providing canines for the visually impaired. Following the growing use of Seeing Eye dogs, other assistance animals came into use: dogs for the hearing impaired, as well as canines to be used for medical alert (i.e. seizures). Therapy dogs emerged in the 1970s, providing a beneficial connection between human and animals. Today, use of assistance dogs has grown exponentially, with earlier organizations having expanded, and new assistances being formed.

There are numerous types of assistance dogs trained and offered by foundations and societies. First and most well known, is the type of assistance dog that assists the visually impaired. Hearing dogs are intended to alert adults who are deaf or hard of hearing to crucial sounds; i.e., doorbells, alarm clocks, someone calling their name, or even a smoke alarm! Service dogs are intended to assist with physical tasks: pulling wheelchairs, assisting in pushing open doors, and believe it or not, helping assist with business transactions such as transferring money. A skilled companion is intended to aid with a person's physical tasks as well as forming a social bridge, thereby decreasing reliance on other people and formulating a new level of independence. Facility dogs are versatile, trained to respond to over forty commands! They're trustworthy companions that are taught to encourage and motivate those with special needs.

These dogs work with facilitators, as opposed to being under the care of the special needs person, as with the other dogs. They work in healthcare, visitation, or even education settings.

Every dog goes through a complete training program before being given to a client, so there's no doubt that they're qualified and prepared for their occupation in every way. The canines are well trained for the specific field in which they'll be entering, and in fact, it's not until they're two years old, fully out of puppy stage, that they're assigned a person.

For those with special needs, assistance dogs can be an enormous boon, a wonderfully helpful resource, and an immensely positive force in their life. They are an accessible assistance (offered at no charge, often), and a fantastic addition to the life of whomever they end up assisting.

A HAPPY
NEW YEAR

2010