



The Arc of Vigo County Newsletter

11 Cherry Street Terre Haute, IN 47807
Phone 812-232-4112 Toll Free Number 800-786-4112 Fax 812-232-3052
www.arcvigo.org

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Our Mission

The Arc of Vigo County is a non-facility, family centered organization providing individualized community services to assist persons with disabilities in choosing where they live, work, and play. People know that we are willing to work with families, other agencies and the community at large to complete our mission.

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Welcome to The Arc of Vigo County Newsletter

Welcome, our newsletter will be offering information such as but not limited to, upcoming Community events, employee recognition and helpful hints. The Arc of Vigo County has made all reasonable efforts to ensure that information provided through its publications is accurate at the time of inclusion and accepts no liability for inaccuracies or omissions. If anyone has an article or information to share please contact us at 812-232-4112. Like us on Facebook www.facebook.com/arcvigo and follow us on LinkedIn <https://www.linkedin.com/company/the-arc-of-vigo-county>



Tornado season is upon us. Be prepared. Extras to have on hand in case of power outage and/or water contamination.

- | | |
|--------------------|--------------------------|
| 1. Bottled water. | 5. Medicines |
| 2. Flashlight. | 6. Full Tank of gas. |
| 3. Extra Batteries | 7. Non perishable foods. |
| 4. First aid kit | 8. Battery powered radio |

What's Happening?

National Autism Awareness Month

In order to highlight the growing need for concern and awareness about autism, the Autism Society has been celebrating National Autism Awareness Month since the 1970s. The United States recognizes April as a special opportunity for everyone to educate the public about autism and issues within the autism community.

What is autism?

Autism is a complex developmental disability that typically appears during the first three years of life and is the result of a neurological disorder that affects the normal functioning of the brain, impacting development in the areas of social interaction and communication skills. Both children and adults with autism typically show difficulties in verbal and non-verbal communication, social interactions, and leisure or play activities. Autism is a spectrum disorder and it affects each individual differently and at varying degrees.



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Developmental Disabilities

There are many kinds of developmental disabilities. This month we will talk about Cerebral Palsy.

What is Cerebral Palsy?

Doctors use the term cerebral palsy to refer to any one of a number of neurological disorders that appear in infancy or early childhood and permanently affect body movement and muscle coordination but aren't progressive, in other words, they don't get worse over time. The term *cerebral* refers to the two halves or hemispheres of the brain, in this case to the motor area of the brain's outer layer (called the cerebral cortex), the part of the brain that directs muscle movement; *palsy* refers to the loss or impairment of motor function.

Even though cerebral palsy affects muscle movement, it isn't caused by problems in the muscles or nerves. It is caused by abnormalities inside the brain that disrupt the brain's ability to control movement and posture. In some cases of cerebral palsy, the cerebral motor cortex hasn't developed normally during fetal growth. In others, the damage is a result of injury to the brain either before, during, or after birth. In either case, the damage is not repairable and the disabilities that result are permanent.

Children with cerebral palsy exhibit a wide variety of symptoms, including:

- lack of muscle coordination when performing voluntary movements (*ataxia*);
- stiff or tight muscles and exaggerated reflexes (*spasticity*);
- walking with one foot or leg dragging;
- walking on the toes, a crouched gait, or a "scissored" gait;
- variations in muscle tone, either too stiff or too floppy;
- excessive drooling or difficulties swallowing or speaking;
- shaking (*tremor*) or random involuntary movements; and difficulty with precise motions, such as writing or buttoning a shirt.

The symptoms of cerebral palsy differ in type and severity from one person to the next, and may even change in an individual over time. Some people with cerebral palsy also have other medical disorders, including mental retardation, seizures, impaired vision or hearing, and abnormal physical sensations or perceptions.



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SERVICE RECOGNITION

On behalf of The Arc of Vigo County we would like to recognize the following employees for their one or more years of dedicated service for the month of: April

Caren Elrod for 12 years of service Michelle Wagner for 16 years of service

Remember, if you would like your name included in our service recognition list for your anniversary month, please drop by the office and sign a pre-authorization form.

BIRTHDAYS

For Employees who were born in April, The Arc of Vigo County would like to take this time to wish each of you a Happy Birthday.

Pamela Browne

Alfreda Meiners

Michelle Lynch

Haley Archer

Remember, if you would like your name included in our birthday list, please drop by the office and sign a pre-authorization form

Upcoming Events

April 1st - April Fool's Day

**April 2nd - Light it up Blue
World Autism Awareness Day**

April 13th - Thomas Jefferson's birthday

**April 30th — Birding with the WVAS
Dobb Park Nature Center
10 am \$5 fee for craft**

Now offering Sensory Friendly Films

AMC Terre Haute 12 3153 3rd Place Call 812-232-6474 for Show times.