



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>

WINTER
TIME

With Winter upon us be sure to keep window washer fluid full. When your car is serviced, have the antifreeze checked; Keep a blanket and emergency kit in the trunk.

What's Happening?

January is Thyroid awareness month.

The thyroid gland is a small, butterfly-shaped gland located in the base of the neck just below the Adam's apple. Although relatively small, the thyroid gland influences the function of many of the body's most important organs, including the heart, brain, liver, kidneys and skin. Ensuring that the thyroid gland is healthy and functioning properly is important to the body's overall well-being.

Thyroid disease is more common than diabetes or heart disease. Thyroid disease is a fact of life for as many as 27 million Americans – and more than half of those people remain undiagnosed. Women are 5 times more likely than men to suffer from hypothyroidism (when the gland is not producing enough thyroid hormone).

Thyroid disorders tend to run in families. Fatigue being a common complaint for under and over active thyroid conditions. Thyroid cancer is one of the fastest growing cancers in America but also one of the most curable.



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Developmental Disabilities

There are many kinds of developmental disabilities. This month we will talk about Sturge-Weber Syndrome.

What is Sturge-Weber Syndrome?

Sturge-Weber syndrome is a neurological disorder indicated at birth by a port-wine stain birthmark on the forehead and upper eyelid of one side of the face. The birthmark can vary in color from light pink to deep purple and is caused by an overabundance of capillaries around the trigeminal nerve just beneath the surface of the face. Sturge-Weber syndrome is also accompanied by abnormal blood vessels on the brain surface and the loss of nerve cells and calcification of underlying tissue in the cerebral cortex of the brain on the same side of the brain as the birthmark. Neurological symptoms include seizures that begin in infancy and may worsen with age. Convulsions usually happen on the side of the body opposite the birthmark and vary in severity. There may be intermittent or permanent muscle weakness on the same side. Some children will have developmental delays and mental retardation; most will have glaucoma (increased pressure within the eye) at birth or developing later. The increased pressure within the eye can cause the eyeball to enlarge and bulge out of its socket (buphthalmos). There is an increased risk for migraine headaches. Sturge-Weber syndrome rarely affects other body organs.

Is there any treatment?

Treatment for Sturge-Weber syndrome is symptomatic. Laser treatment may be used to lighten or remove the birthmark. Anticonvulsant medications may be used to control seizures. Persons with drug-resistant seizures may be treated by surgical removal of epileptic brain tissue. Surgery may be performed on more serious cases of glaucoma. Physical therapy should be considered for infants and children with muscle weakness. Educational therapy is often prescribed for those with mental retardation or developmental delays. Doctors recommend yearly monitoring for glaucoma.

What is the prognosis?

Although it is possible for the birthmark and atrophy in the cerebral cortex to be present without symptoms, most infants will develop convulsive seizures during their first year of life. There is a greater likelihood of intellectual impairment when seizures start before the age of 2 and are resistant to treatment. Prognosis is worst in the minority of children who have both sides of the brain affected by the blood vessel abnormalities.

Credit to the NINDS



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SAVE THE DATE: January 14!



Despite having her right leg amputated at age 5, Bonnie St. John became the first African-American to win medals in Winter Olympic competition, taking home a silver and two bronze medals in downhill events at the 1984 Paralympics in Innsbruck, Austria.

St. John has achieved the highest levels of success in a variety of endeavors throughout her life. She is a best-selling author, a highly sought after keynote speaker, a television and radio personality, a business owner and a Fortune 500 leadership consultant. She will speak at Indiana State University's Tilson Auditorium at 7 p.m. Jan. 14 as part of the 2015-16 University Speakers Series. The event is free and open to the public.

St. John graduated magna cum laude from Harvard University in 1986, and earned a Rhodes Scholarship to Oxford University, taking a Master of Letters degree in economics. Upon her return to the United States, St. John was appointed by President Bill Clinton as a director for human capital issues on the White House National Economic Council.

Today, she travels the globe as a leadership consultant, keynote speaker and facilitator for international summit conferences for senior-level executives. She frequently donates personal appearances to schools, homeless shelters, community groups and other organizations in hundreds of locations while traveling for corporate clients. In 2010, St. John once again represented the United States as a member of President Obama's official delegation to the Paralympic Winter Games in Vancouver.

The celebrated author of six books, St. John co-authored her most recent best-seller, "How Great Women Lead," with her teenage daughter, Darcy. Together they traveled around the world on an extraordinary mother-daughter journey into the lives, and life lessons, of fascinating women leaders including Hillary Clinton, Condoleezza Rice, Liberian President Ellen Johnson Sirleaf, Facebook COO Sheryl Sandberg, as well as fashion designers, CEOs and women's rights activists.

St. John has been featured extensively in both national and international media including: Today, CNN, CBS Morning News, NBC News, PBS, NPR and The New York Times, as well as People, "O" and Essence magazines.

NBC Nightly News called her one of the five most inspiring women in America. She was recently inducted into the National Association of Women Business Owners Hall of Fame.

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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: January.

Alfreda Meiners—For 1 year of service Sabrina Wilburn— For 1 year 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 December, The Arc of Vigo County would like to take this time to wish each of you a Happy Birthday.

Brandi White
Megan Miller

Kurt Froeb
Tammy Hinkle

Gage Lynch
Devin Bull

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

Jan 1st – New Year’s Day

Jan 1st– The Arc of Vigo County office will be closed.

Jan 14th—ISU Speaker Series-Bonnie St John

Jan 18th— Martin Luther King Day

Now offering Sensory Friendly Films

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