



# 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](http://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.

### Our Staff:

David Ofsansky  
Executive Director  
[dofsansky@arcvigo.org](mailto:dofsansky@arcvigo.org)

Bekki Garthwaite  
Office Manager  
[bgarthwaite@arcvigo.org](mailto:bgarthwaite@arcvigo.org)

Melissa Troxel  
Administrative/Billing Assistant  
[mtroxel@arcvigo.org](mailto:mtroxel@arcvigo.org)

Georgia Study  
Human Resources Coordinator  
[gstudy@arcvigo.org](mailto:gstudy@arcvigo.org)

Angel Erst  
Programs Coordinator  
[aerst@arcvigo.org](mailto:aerst@arcvigo.org)

Stephanie Brenton  
Community Supports Coordinator  
[sbrenton@arcvigo.org](mailto:sbrenton@arcvigo.org)

Mike Padgett  
Employment Specialist  
[mpadgett@arcvigo.org](mailto:mpadgett@arcvigo.org)

Kim Knoblock  
Employment Specialist  
[kknoblock@arcvigo.org](mailto:kknoblock@arcvigo.org)

Chelse Smith  
Employment Specialist/Coordinator  
[csmith@arcvigo.org](mailto:csmith@arcvigo.org)

## 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](http://www.facebook.com/arcvigo) and follow us on LinkedIn <https://www.linkedin.com/company/the-arc-of-vigo-county>

Valentine's  
Day  
2-14-16

Valentine's Day is not just for the Adults anymore, when buying or making your valentine's day cards, don't forget children. Let them know they are special and loved. Also, What child wouldn't love to receive valentine candy?

## What's Happening?

### February is National Heart Disease Awareness Month

Heart Disease consists of many disorders that prevent normal heart functioning. Some are congenital and some develop during a lifetime. Some affect the structure and function of the heart, while some affect the structure and function of the adjoining arteries.

The purpose of Heart Disease Awareness Month is to address the most common, preventable forms of cardiovascular disease, particularly coronary artery disease, or the disorder of the adjoining blood vessels that lead to the heart. Unfortunately, CADS causes these vital arteries to become blocked with plaque, leading to heart attacks and even death.

While various types of heart disease are congenital or structural (being less avoidable). Coronary artery disease is the result of plaque buildup in vital blood vessels. If the disease is acquired or developed, like CAD, certain factors can cause it or worsen an already existing condition.



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### **Developmental Disabilities**

There are many kinds of developmental disabilities. This month we will talk about Rett Syndrome.

**Rett Syndrome is considered one of the autism spectrum disorders. It is a neurological and developmental disorder that mostly occurs in females. Infants with Rett Syndrome seem to grow normally and then stop developing and even lose skills and abilities. An example of this might be that they stop talking. They lose their ability to walk properly or stop using their hands to do things. They may start wringing, clapping, or patting their hands.**

**The cause of Rett Syndrome in most cases is by a mutation of the MECP2 gene found on the X chromosome.**

**Symptoms of Rett syndrome usually start showing up between age 3 months and 3 years. Some of the symptoms include:**

**Loss of speech  
Balance and coordination  
Start Hand wringing  
Breathing problems, like holding breath or hyperventilating.  
Anxiety and behavioral problems.  
Intellectual and developmental disabilities.**

**Other problems that are common among individuals with Rett Syndrome can be scoliosis, seizures, gastro-esophageal reflux, heart problems, trouble swallowing and chewing, and problems with sleep.**

**There currently is no cure for Rett Syndrome but with Physical therapy and Speech therapy individuals with Rett syndrome often benefit.**

**More information can be found at: [www.rettsyndrome.org](http://www.rettsyndrome.org)**



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A ribbon cutting ceremony was held January 12, 2016 for the new Aquatic Center at Voorhees Park. Three lift chairs were made possible by The Arc of Vigo County's donation of \$27,000. The Vigo County School Corporation placed two plaques in the Aquatic Center to honor the Arc's financial gift. The lift chairs will bring the pool into ADA compliance for accessibility to public swimming pools & assist disabled individuals learning to swim and various rehabilitation abilities.



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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.

**Sheri Webb—For 7 years of service**

**Jennifer Kirk— For 3 years of service**

**Adam Cox-For 1 year of service**

### BIRTHDAYS

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

**Kim Knoblock**  
**Amy Lishin**

**Chelse Smith**  
**Michelle Carrell**  
**Clara Whitt**

**Cathy Norris**  
**Michelle Wagner**

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

Feb 2nd – Ground Hog Day

Feb 5th—National Wear Red Day

Feb 13th—Birdy Breakfast 9am  
Dobbs Park Nature Center  
Free but please call and register 812-877-1095

Feb 14th – Valentine’s Day

Feb 15th - Presidents' Day

### Now offering Sensory Friendly Films

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