



# The Arc of Vigo County Newsletter

89 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:

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

Flu  
Season

**September is the time to consider getting your annual flu shot. The CDC recommends flu shots for anyone from 6 months and older.**

## What's Happening?

### September is National Preparedness Month

Everyone, including people with disabilities, should take the time before a disaster to plan for survival at home, in a shelter, or elsewhere in the event of an actual emergency. Plan ahead for what you may need to stay safe, healthy, informed, mobile, and independent during a disaster. A disaster may require evacuating to an emergency shelter or other form of temporary housing. Having an emergency plan in place will keep individuals with disabilities and their caregivers calm.

### Get A Kit

The first step is to consider how an emergency might affect your individual needs. Plan to make it on your own, for at least three days. It's possible that you will not have access to a medical facility or even a drugstore. It is crucial that you and your family think about what kinds of resources you use on a daily basis and what you might do if those resources are limited or not available.

### Basic Supplies

Think first about the basics for survival – food, water, clean air and any life-sustaining items you require. Consider two kits. In one kit put everything you will need to stay where you are and make it on your own for a period of time. The other kit should be a lightweight, smaller version you can take with you if you have to leave your home.



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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 seizures accompanied by a large 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 the loss of nerve cells and calcification of tissue in the cerebral cortex of the brain on the same side of the body 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 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). 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. 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.

#### ***What research is being done?***

The NINDS supports a broad program of research to better understand congenital seizure disorders. This research is aimed at developing techniques to diagnose, treat, prevent, and ultimately cure disorders such as Sturge-Weber syndrome.

Credit to NINDS



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### SAVE THE DATE!!!



**To:** Our Consumers,  
Board Members, Staff  
& their immediate families

**From:** The Arc of Vigo County

**What:** “The Arc in the Park”

**Why:** Annual Picnic

**When:** Sept.18, 2015: 5:00pm – 7:00pm

**Where:** Deming Park  
Lions I Shelter

Please RSVP your name and number in your party by Sept.4<sup>th</sup>.

Contact Person:

Georgia Study – Human Resources Coordinator  
812-232-4112



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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: September.

Mike Padgett—For 7 years service Kim Knoblock— For 2 years of service Brenda Conley—For 6 years service  
Pamela Okeli - For 6 years service Connie VanHoutin—For 4 year 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 September, The Arc of Vigo County would like to take this time to wish each of you a Happy Birthday.

**Cody Rickman**

**Kirstin Lantz**

**Holly Nevins**

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

Sept 7th— Labor Day

Sept 7th—The Arc of Vigo County office will be closed.

Sept 17th - Oktoberfest Downtown Terre Haute, 9th & Cherry St

Sept 18th—Arc in the Park, Company picnic. 5pm-7pm Deming Park Lyons I shelter.

Sept. 19th - Sullivan Corn Festival, Court House Square, Sullivan Indiana

Sept 26th - Cory Apple Festival, Cory, Indiana

### Now offering Sensory Friendly Films

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