

Self-Motivation Drives Weight Loss Vera's Health Improvements Change Her Life

For years, staff at Easterseals Arc have encouraged Vera, 35, to lose weight. What finally made the difference this year – the reason she has achieved months of steady progress and improved health – is her own motivation.

"I want to get my sugar under control," said Vera, who has diabetes.

She's succeeding, and the beneficial effects of her success keep increasing.

As of early September, Vera had lost more than 80 pounds. Easterseals Arc staff member Rachel Wehrwein says Vera is losing a consistent two to five pounds per week.

She's stopped taking a rapid-acting variety of insulin before each meal. She still takes a long-acting insulin in the morning and evening, and the blood-sugar levels she's so concerned about are improved. Her blood pressure is lower, and she's on a lower dosage of medicine to reduce her blood pressure.

"She was considered one of (Easterseals) Arc's most at-risk clients because of her weight and her health. Now she's not even close," Wehrwein said.

Vera has changed much about the way she eats. With the help of Easterseals Arc staff, she has shifted away from ultra-convenient foods such as macaroni and cheese, Hamburger Helper, breaded fish sticks and frozen lasagna. Now, she takes a little more time and steams frozen vegetables, bakes potatoes and bakes chicken – no need for breading.

"I eat small portions. I don't go and get seconds," Vera said. She's also learned to read nutrition labels on her food to find out what serving sizes are, and then limit herself to those servings.



Vera, right, prepares a pair of chicken breasts for the oven, with help from Easterseals Arc staff member Rachel Wehrwein.

An advantage she brings to serious dieting is that she's always liked vegetables, especially broccoli and cauliflower. She began her dieter's approach to enjoying these vegetables by limiting herself to a tablespoon of butter to go with vegetables. "She doesn't just throw a boulder of butter on them," Wehrwein said. Now she does without butter, except for her baked potatoes.

Vera said another big change for her this year has been exercise. "I go to the Y" – the Jackson R. Lehman Family YMCA off St. Joe Center Road – where she's found the exercise that works for her: walking on the treadmill. She doesn't distract herself with music or TV shows; she concentrates on her

▶ [Continued on Page 2](#)

You All Help Make Us Stronger

We're stronger together! This rings true in many ways each day at Easterseals Arc.



DONNA ELBRECHT
President & CEO

I certainly see this with our staff as they work to ensure the people we support achieve their goals and personal successes.

I see it when the people we support cheer their peers during activities.

I see it when we collaborate with other organizations, like Ivy Tech Community College, Old National Bank, and so many others in the community that believe in our purpose.

I see it when employers in our community tell us how much our consumers contribute to the strength of

their workforce.

This collective strength hit home after the sudden loss of Misty Woltman, our CFO. Our executive team, board of directors, business office, HR team, maintenance and IT teams—we have all had to support one another and learn together. We have all learned that we are better together for reasons that may have been unseen.

As you read this newsletter, I hope you can see how we are stronger together as we work with all members of our community to achieve extraordinary results. You are a part of our extraordinary results. All of you that are a part of our organization—staff, board members, donors, volunteers, collaborators—you help us pave the way for a more inclusive world.

As you read about the latest happenings at Easterseals Arc, I hope you take time to be proud of your part in making us stronger together!

Vera (continued from Page 1)

exercise. "I just walk," she said. Vera spends 30 to 45 minutes on the treadmill each time she goes to the Y, Wehrwein said.

She has some significant reinforcement in her quest for better health. Both of her roommates are also watching what they eat to improve their health.

The change in her diet is changing much of the rest of her life, too.

Getting around is easier now, and the easier she can move around, the more things she finds to get out and do. In May and June, she took a six-week course on agriculture and food science at Ivy Tech Community College (see Page 5 for more on this program). She also has attended many of the monthly cooking classes for Easterseals Arc consumers presented by nutritionist Kelley Marvin, where Vera said she learns a lot about healthy snacks.

Her weight loss has made transportation easier. She can ride in staff members' cars without using



Vera samples one of the high-protein, high-fiber cookies she helped make in a cooking class.

a seatbelt extension. At one of her favorite destinations – Komets hockey games at Memorial Coliseum – she can now sit in the bleacher seats, rather than in a chair on the floor in one of the spots reserved for people who can't climb steps.

She might be on the brink of the biggest changes of all. Early in June, Vera and Wehrwein were completing paperwork for Vocational

Rehabilitation Services to help her find a job.

"Now that she's lost weight and can stay active, it's changed her life," Wehrwein said.

Trip Reunites Sisters One Last Time

For decades and decades, Charlotte Smith looked after her baby sister, Helen. After Charlotte became the one who needed to be looked after the most, and after she moved far away, Helen got one last chance to be with her sister, with help from Easterseals Arc.

Accompanied by Easterseals Arc staff member Brenda Brock, Helen, an Easterseals Arc consumer, took the first train ride of her life to go to Lancaster, Pa., where she saw her sister for the first time since Charlotte moved away about a year ago. The visit came just in time. Charlotte died on August 30, just a few weeks after Helen's visit.

Until recently, Charlotte, who was 84, lived in Michigan, about a three-hour car-ride from Helen's home in Fort Wayne. Charlotte visited her in Fort Wayne, and Easterseals Arc staff drove Helen to her sister's home to visit, too.

For many years, Charlotte helped Helen manage her money. When they were younger, Charlotte took Helen to classes to try to help her learn to read. "When I went to the doctor, she was right there with me," Helen remembered. "Yep, she's been there for me."

Separated by hours' worth of driving, they talked on the phone almost every day, sometimes twice a day. But the distance had become more than geographic. Big sister Charlotte had Alzheimer's. She often couldn't hold up her end of a conversation. That's part of the reason this trip meant so much to Helen.

Helen, 77, grew up with six brothers and sisters, but in her earliest memories, it's her sister Charlotte who appears as protector and comforter. Perhaps it was her first strong memory that stars Charlotte.

Helen remembers being frightened one night when she was a little preschooler, maybe 2 years old. She felt Charlotte crawl into bed with her and embrace her, asking her what was wrong. "She put her arms around



Helen, left, traveled to Lancaster, Pa., for a visit with her sister Charlotte, right, and niece, Sue, center.

me and fell asleep with me," Helen remembers.

Charlotte had lived in Michigan for a long time after she moved there to be near a son and grandchildren. But trouble compounded in her life as her Alzheimer's progressed. The son who lived near her died of

cancer. That's when Charlotte's daughter, Sue Smith-Troy, moved her mother to a nursing home with a memory-care unit near her in Lancaster.

When Helen finally reunited with Charlotte, sometimes they touched more than they talked.

"It was hard for Charlotte to find her words," Brenda said. But she sure found her sister.

"When I first saw her, she took hold of my fingers, and she wouldn't let go," Helen said. During Helen's three days in Lancaster, the sisters shared meals and rode along on drives

through the Amish country surrounding Lancaster. Most importantly, they were together.

"They'd sit on the couch and hold hands. It was really sweet," Brenda said.

Parting didn't come easily. " 'You stay. You stay,' she kept saying," Helen remembered her sister saying.



Easterseals Arc staff member Brenda Brock, left, accompanied Helen on a train trip to visit her sister in Pennsylvania.

Queens Bringing Fresh Flavor to Fundraising

As summer fades away, I know many of you are looking forward to our annual fall fundraising event. Vino, Java & Jazz provided many great memories

with live music, silent and live auctions, wine tasting, and food samples from local chefs for 11 solid years. We always strive to keep our events fun, fresh and more than enjoyable with the intention of sharing our mission with as many people as possible.



SHERI WARD
Director of Development

When Old National Bank told us they were launching a new event in Fort Wayne and asked us to be the beneficiary, we were intrigued by the opportunity to get our mission to potentially twice as many individuals in our

community as we had reached with Vino. After much consideration, we accepted ONB's offer to partner with them, and we are excited about **our new fall event – Culinary Queens!**

Culinary Queens will be a fun new event for Fort Wayne on Saturday, November 10. Old National Bank and Easterseals Arc are asking 100 fun-loving women leaders in our community to serve as Queen Chefs, making about 150 sample size portions of their

OLD NATIONAL BANK PRESENTS
Culinary Queens
FORT WAYNE • NOVEMBER 10, 2018
Benefitting **easterseals** | The Arc
Northeast Indiana
**PURCHASE TICKETS OR TABLES AT
WWW.CULINARYQUEENSFTW.COM**

favorite dishes to serve to event guests. Queens will raise funds for Easterseals Arc through a fundraising web page, cash or checks from supporters, and "tips" received at the event. Each queen can partner with a friend, family member or co-worker as their sous chef.

Culinary Queens will be a casual event, where guests will enjoy free food samples and a cash bar followed by an Easterseals Arc choir performance, then entertainment by dueling pianos.

It is our hope to not only get our mission in front of more of our community, but also increase the funds we raise to provide opportunities and support for the individuals we serve. Please join us!

Gratitude for Grants

Easterseals Arc is thankful to the following organizations for their generous grant awards:

- Mary Cross Tippman Foundation, \$6,250 for operating expenses
- Lincoln Financial Foundation, \$32,000 for employment services
- Indiana Arts Commission, \$5,000 for art experiences
- Foellinger Foundation, \$35,000 for technology upgrades
- The Waterfield Foundation, \$5,000 for Meaningful Day activities

Thank You

We would like to extend a heartfelt thank you to all who shared their condolences on the sudden passing of Misty Woltman, our CFO. To all who donated in her memory; shared thoughts via cards, emails and phone calls; sent flowers and gifts; or mourned with us at services, please know that your kindness is deeply appreciated.



Your outpouring of sympathy spoke volumes about her impact on our community. Misty's knowledge and expertise made our agency stronger, while her warmth and compassion brightened our lives.

Ivy Tech Offers Taste of Ag Science

Through a new program at Ivy Tech Community College, seven Easterseals Arc participants began their summer by learning more about the foods we eat and the work that brings those meals to our tables.

One Monday in June, the students started their day with a field trip to Albright's Meats & Deli. There, general manager D.J. Federspiel led them down a long display case, through dozens of cuts of beef, pork and chicken. Pointing out the webs of white lacing through different cuts of beef, he explained that "marbling," the pattern of fat distribution among muscle fibers, is a way to judge how tender and flavorful the meat will be. The finer the marbling, the more easily that fat will melt into the meat during cooking. He explained the advantages and drawbacks of many cuts of meat, and he described the less-often ordered frozen items available too, from pig feet to organ meats.

Everyone in the class chose a burger or brat for a later cookout, then returned to their classroom at Ivy Tech Community College's North Campus in Fort Wayne. Their work there was heavy on hands-on activity, from "churning" butter by shaking milk inside a plastic container to combining water, glue and Borax to make "flubber" – bowls of jiggling, rubbery glop. Instructor Zac Caenepeel told them, "You'll wind up with a big blob of flubber, and that's a pretty good rendition of what animal fat feels like."

For six weeks in May and June, the



D.J. Federspiel, general manager of Albright's Meats & Deli on Maplecrest Road, tells Ivy Tech students from Easterseals Arc about different cuts of meat during their visit to the deli.

students met three days a week for five hours, plus lunch time, each day. Each week focused on a different unit of study – food science, food handling, animal science, plant and soil science, nutrition and "five fab meals."

Easterseals Arc participant Solomon absorbed it all and was eager for more. After the field trip to Albright's, he said he enjoyed "learning about the pork, hamburger and sausage – the different things in the meat, and how much it was." He also was impressed by what the class learned about super-premium Wagyu beef during an earlier visit to Joseph Decuis Wagyu Farm, which produces food for Joseph Decuis restaurant in Roanoke.

Kelli Kreider, chair of the agriculture department at Ivy Tech Fort Wayne, developed the curriculum for the class, created in cooperation with Easterseals Arc.

First Class

As we look forward to the next cohort of agriculture program students, here are some outcomes for the first group:

- 7 consumers participated and earned certificates
- 6 of them applied for Vocational Rehabilitation Services funding to help them seek community employment
- 2 are now working in the community
- 3 are taking additional classes at Ivy Tech Community College

"This introduces (students) to the careers, terminology and even techniques they can use at home," Kreider said. "They're getting a little bit of taste for what it's like to be an Ivy Tech student."

Voting Gives You a Voice

People with disabilities have the same voting rights as any other Americans, yet they participate at lower rates. A study by Rutgers University found that in the 2016 election, voter registration for people with disabilities was 2 percentage points lower than for people without disabilities. When it came to actually voting, the voter turnout rate was 6 percentage points lower for people with disabilities.

Voting is an important opportunity for people with disabilities and their friends to have a voice on issues such as health care, education, accessibility and employment.

Extensive information about voting rights is available at HoosiersVote.org. A few important things to remember:

- You must register to vote.
- You must bring a government-issued photo ID to the polling place.
- People with disabilities, as well as those who cannot read or write English, have the right to assistance.
- If you need help, you must request assistance before you enter the voting booth. You can choose someone to help, or two poll workers will assist.
- All polling locations must meet accessibility guidelines and have at least one accessible voting machine.

Voting in Indiana

www.indianavoters.com

The Indiana voter portal allows you to:

- Register to vote
- Check your registration status
- Update your registration
- Find your polling location
- See who's on your ballot

www.hoosiersvote.org

This website by Indiana Disability Rights offers information on:

- Voting rights
- Ways to vote
- Becoming an informed voter

Important Dates

- **Oct. 9:** Voter registration deadline for the 2018 general election
- **Oct. 10:** Beginning of early voting period. Visit www.indianavoters.com for specific dates, times and locations in your area.
- **Oct. 29:** Deadline for absentee ballot application to be received by county
- **Nov. 6:** Election day; polls will be open from 6 a.m. to 6 p.m.

Briefs

Reverse Job Fair Coming in October

Easterseals Arc is partnering with Indiana Tech, Northeast Indiana Human Resources Association and Ivy Tech Community College Career Development Department to present a reverse job fair to promote hiring of people with disabilities.

At a reverse job fair, job seekers set up their own information tables for potential employers to visit, unlike a



typical job fair where employers set up displays to entice applicants.

The event will be from 9 a.m. to noon Oct. 15 at Indiana Tech. Employers interested in attending

should contact Britney Breidenstein at 260.456.4534 ext. 278 or bbreidenstein@esarc.org for more information.

Three Join Board

Easterseals Arc welcomed three new members to its Board of Directors in May. Zachary Beiswanger of Lutheran Hospital, Erik Grotness of PHD Inc., and Susan Konopacki of the YMCA of Greater Fort Wayne will serve three-year terms on the board.

Upcoming Events: October through January

OCTOBER

- 10/2 Boundaries Crossed: Asperger's Youth Group, 6:15-7:15 p.m., contact Tommy Guest at tommy@partnersinautism.com for location and additional information
- 10/3 & 17 Aktion Club Meeting, 6:30-7:30 p.m., Turnstone, 3320 N. Clinton St.
- 10/8 Social Group for Adults Who Have Asperger's, 6-7:30 p.m., Lutheran Hospital, Room #4 in cafeteria
- 10/19 Self Advocates Meeting, 1-2 p.m., Projects Drive, candidates for officer positions will debate
- 10/20 Sibshops, 10 a.m.-2 p.m. for grade school (ages 7-12); noon-3 p.m. junior high/middle school; 2-4 p.m. high school at Mad Anthony's Children's Hope House on Lutheran Hospital Campus; Halloween/costume theme

NOVEMBER

- 11/6 Boundaries Crossed: Asperger's Youth Group, 6:15-7:15 p.m., contact Tommy Guest at tommy@partnersinautism.com for location and additional information
- 11/7 & 21 Aktion Club Meeting, 6:30-7:30 p.m., Turnstone, 3320 N. Clinton St.

Culinary Queens

Presented by Old National Bank, Culinary Queens offers guests the opportunity to sample dishes from 100 notable women engaged in friendly competition to raise money for Easterseals Arc.

- 11/10 6 p.m., Memorial Coliseum Conference Center, visit www.culinaryqueensftw.com for information and tickets

- 11/12 Social Group for Adults Who Have Asperger's, 6-7:30 p.m., Lutheran Hospital, Room #4 in cafeteria
- 11/16 Self Advocates Meeting, 1-2 p.m., Projects Drive, officer elections

Holiday

- 11/22 & 23 Thanksgiving, Easterseals Arc offices and day programs closed

DECEMBER

- 12/4 Boundaries Crossed: Asperger's Youth Group, 6:15-7:15 p.m., contact Tommy Guest at tommy@partnersinautism.com for location and additional information
- 12/5 & 19 Aktion Club Meeting, 6:30-7:30 p.m., Turnstone, 3320 N. Clinton St.
- 12/10 Social Group for Adults Who Have Asperger's, 6-7:30 p.m., Lutheran Hospital, Room #4 in cafeteria
- 12/21 Self Advocates Meeting, 1-2 p.m., Projects Drive

Holiday

- 12/24 & 25 Christmas, Easterseals Arc offices and day programs closed

JANUARY

Holiday

- 1/1 New Year's Day, Easterseals Arc offices and day programs closed

- 1/2 & 16 Aktion Club Meeting, 6:30-7:30 p.m., Turnstone, 3320 N. Clinton St.
- 1/14 Social Group for Adults Who Have Asperger's, 6-7:30 p.m., Lutheran Hospital, Room #4 in cafeteria
- 1/18 Self Advocates Meeting, 1-2 p.m., Projects Drive

Summertime Adventures Bring Smiles



(Above) Shelby and Patricia gave the Tilt-A-Whirl a spin at Indiana Beach. (Right) Vince, Albert, Eva, staff member Ann, and Sheryl traveled to Cleveland to catch an Indians game.



Noah cooled off in the splash pad at Kreager Park with the Mini Dreamers.



Sarah had a great time at the Fort Wayne Children's Zoo, and the sea lion photo bombers seemed happy too.

Non Profit Org
US Postage
PAID
Fort Wayne IN
Permit #551

 The Arc | **easterseals**
Northeast Indiana
taking on disability together
4919 Coldwater Road
Fort Wayne, IN 46825