

An email we received

Hello. I just visited your agency's website and thought you might be interested in the following resource:

I created a cookbook for people with developmental disabilities who can read. After working with people in their homes, teaching them independent living skills, I discovered there was a gap in cooking resources. I could find picture cookbooks, but not word cookbooks that simplified the cooking process. So, I created a cookbook to fill the gap. The result was that people I worked with, who needed my assistance cooking before, could now cook independently when using my cookbook.

The cookbook is called "Cooking Made Easy." Every recipe is coded from 1-5 according to level of difficulty. Recipes are written in large print, for easier reading. Recipes are broken down into detailed, easy to understand steps. Dollar sign codes on each recipe signify cost of ingredients.

There are 88 recipes, divided into the following categories: Appetizers/Beverages, Soups/Salads, Vegetables, Main Dishes, Breads/Rolls, Desserts, and Breakfast.

The cookbook cost is \$19.95 per cookbook. Shipping in the U.S. is \$4.95 per order. And quantity discounts are available for orders of 5 or more books. My website contains more information:
<http://www.cookingmadeeasy.org>

Happy Cooking!

Sincerely,
Eileen Laird

eileenlaird@bellsouth.net
P.O. Box 2117
Boone, NC 28607

Intensive In-Home Service Training Opportunity

Topics Covered:

- Stages of Change principles applied to IIHS service delivery
- How to incorporate the team concept
- How to maximize revenue potential; Billing and reimbursement issues
- Assessment strategies to identify appropriate recipients of IIHS
- Strategies for effectively assessing dangerousness
- IIHS Service Delivery Concepts
- Clinician safety
- Supervision for AP level staff and Team Leaders
- Meets the 12 hour service definition training requirement mandated for all IIHS team members within the first 90 days of service delivery

Who will benefit from this training? Any current or potential providers of Intensive In Home Services, Social Workers, Psychologists, DSS staff, LME staff involved in the authorization of IIHS services

Costs: \$120 CEU's will be awarded at conclusion of training. No partial credit will be given.

Date: Thursday and Friday, February 12th and 13th from 9:00a m-4:00pm
Location: Monarch Training Annex 734 Greenwood Street, Albemarle, NC
To register, contact Jackie McGowan at 704.986.1519



Shorts:

Our Monarch site, the New View Apartments in Tryon, NC has received the Arc of North Carolina's "Superior Rating" for Management and Occupancy! Congratulations to Donna Erskine and her staff!

The folks at VOC (the vocational program in Asheboro, NC) have been learning sign language, taught by one of the people we support. Recently, the staff called the director, Bunny Schoolcraft to the work floor and said they had a surprise for her. Then, they all signed while singing the song "Love is All Around" - it was great!! It was her birthday and the people supported told Bunny that it was her birthday present. They then all signed "Happy Birthday"! Bunny was thrilled!

The Arc in the News

A recent Geraldo Rivera show featured the issue of the number of people waiting for services in the United States. Peter Berns, Executive Director of The Arc of the United States was his featured guest. This show is now available on the web by following this link:
<http://www.foxnews.com/geraldo/index.html>

You can also see stories about Clay Aiken's involvement with people with disabilities, and other related stories.