



Golden Rule Review

"To treat other people as we would like to be treated"

Golden Rule Review



A Note from the Editor:



I would like to introduce the first publication of our Newsletter for 2017. This Newsletter has been created for the amazing people who care for those with special needs. It is for the wonderful people that we have the honor and privilege of knowing and working with. While this Newsletter will provide you with information; it is more importantly about building a community. If there is something you would like included in this Newsletter, please contact me directly. If you have a funny story

that you would like to share; an event you would like to spotlight; or a topic of information that you would like to contribute or would like to learn more about, just let me know. My name is Nola Graham, and I can be reached at 281-997-2295, ext 313 or ngraham@grsi.org. I look forward to hearing from you.



"One of the most important things you can do on this earth is to let people know they are not alone"
-Shannon L. Alder

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Special points of interest:

- * The Texas Legislator is in Session
- * The ARC of the Gulf Coast
- * Golden Rule's mission

Healthy Living

Diet:

-"Breakfast is the most important meal of the day because it feeds your body and mind with the necessary nutrients and energy to function throughout the day"....



-interestingfacts.blogspot.com

(above reference is not a typo...) 😊

Exercise:

-"Regular exercise can help increase self esteem and self-confidence, decrease stress and anxiety, enhance mood, and improve general mental health".

Rest:

-"Sleep makes you feel better, but its importance goes way beyond just boosting your mood or banishing under-eye circles. Adequate sleep is a key part of a healthy lifestyle, and can benefit your heart, weight, mind, and more."

-by: Alyssa Sparacino at www.health.com



From the President's Desk: A Call to Action

Friends,

It's that time in Texas again. I know we seem to say this every other year when our legislators convene at the Capitol to pass new laws or revise old ones and to pass the state's budget, but this year we need calls and visits more than ever. Last session our services (HCS & TxHmL) received only .08% increase after significant rate cuts the session before and it came with more regulations, adding costs. This year there are even more significant issues for families, friends and providers unless we let them know what we need them to do. It's early, so it can change, but not without you.

WHAT'S AT STAKE: The current proposed budget includes:

- ◆ 20% cut in the HCS/TxHmL CFC Rate! (Formerly "Supported Home Living" and "Community Support")
- ◆ No funds to continue serving number of persons anticipated to be enrolled in an IDD waiver on 8/31/17!
- ◆ No funds or less than adequate funds to comply with the federal HCBS rules governing "Day Habilitation" sites (and no plan yet put forward by HHSC on how it intends to comply, meaning the Day habilitation services your son or daughter currently receives could see significant cuts)!
- ◆ No funds to expand services to persons on the Interest Lists or thru "Promoting Independence" (out of institutions) initiative!
- ◆ No funds to increase current levels in ICF/IID & HCS/TxHmL "Attendant Compensation Rate Enhancement program" (Staff wages are currently funded at about \$ 8.50/hr) ***We pay a minimum of \$9/hr!***

ACTION NEEDED: Write letters, call and visit your state legislators at their Capitol offices – not their district offices. They want and need to hear from you **NOW!** Emails are better than nothing, but direct contact is heard more effectively. To find out who represents you in the State Legislature go to: <http://www.fyi.legis.state.tx.us/Home.aspx>.

WHAT TO SAY: Request your legislators to support funds for the services above and, if your loved one receives CFC PAS/HAB thru HCS or TxHmL, to not reduce these rates. They need to understand the importance of these services and the importance of having direct care staff you can rely on. You also need to let them know how managed care is working for you. Most reports from the agencies indicate it is going well and there are not significant issues, so they continue to move forward expanding it. We hear otherwise, so be sure your legislator knows what is happening and how it affects you and your loved one who pends on these services. **Just tell your story!**

WHY YOUR HELP IS IMPORTANT: As you may have heard, there are plans at the federal level to move to block grants which means states will be allowed to use the funds without many of the regulations that, while drive some of the costs of Medicaid services, more importantly, protect the health and safety of the services your loved one receives. What this could mean for IDD services is the funding decisions they make now most likely will predict how Texas legislators will prioritize spending when there are no or minimal federal requirements. In other words, even less spending on the services your loved one receives; less funding for direct care staff and more managed care to dictate what is available and what services your loved one will receive in the future. Your calls and visits will help protect funds for these services now and in the future. **You can make a difference!**

Feel free to call me or email me if you have questions. Thank you for all you do.

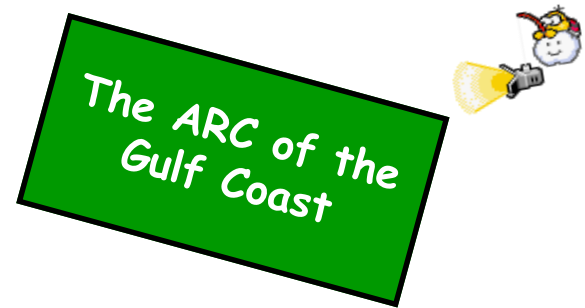
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Community Spotlight:

Mission Statement:

“The Arc of the Gulf Coast supports individuals with intellectual and developmental disabilities and their families in their quest for self-determination, ensuring that they have meaningful lives in the communities where they live, learn, work, play and worship - responding to their needs, one person at a time”.



Individual Advocacy

Since 1969, The Arc of the Gulf Coast has supported individuals with intellectual and developmental disabilities and their families by providing a means to share information, promote action and solve problems. Today's Arc offers an individualized, personal approach to assisting people in navigating the difficult and confusing paths to education, employment, and community living. Expert volunteers and staff are advocates and allies for individual and families, providing a person-centered approach to planning and decision-making.

Financial Assistance

Providing a responsive and person-centered approach, The Arc provides resources to help individuals and their families manage crises, achieve goals and bridge financial gaps.

Community Advocacy

Broadening the scope of impact to state and local efforts, The Arc strives to build communities where people with intellectual and developmental disabilities receive the support they need to live productive and meaningful lives. Through a variety of venues—The Arc of the Gulf Coast delivers a message that all people can live, learn, work, play and worship in the community.

- from The Arc of the Gulf Coast brochure.

Laughter and Inspiration:

Smile:

“The actual act of smiling emits serotonin (the happy hormone) and creates a stimulating, positive environment”.

-by: Catherine Roberts from The 8 Healthy Habits of Happy People.

“It is bad to suppress laughter. It goes back down and spreads to your hips”.

-Fred Allen

“A cheerful heart is good medicine”....

-Proverbs 17:22

“From there to here, from here to there, funny things are everywhere”.

-Dr. Seuss



“A day without laughter is a day wasted.” - Charlie Chaplin



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Golden Rule Services, Inc. was founded in 1995 by Daniel and Barbara Armond.

Our philosophy is "to treat people as we would like to be treated".

Our mission is to provide opportunities to individuals with intellectual and/or developmental disabilities for growth and independence in their community.

Individuals are treated with care and compassion - not pity. They are seen as people who want no less dignity, respect, or quality of life than we ourselves desire and, in most cases, are able to have with very little effort. Our task is one of discovery: discover what a person values and what things are hassles to them; their discovery will be the availability of desired choices. We strive to listen to each individual and let them create their own place based on specific dreams, desires, and needs.

GRSI Staff:

Danny Armond
 CEO/Founder

Barbara Armond
 COO/Founder

Case Managers:

- Ashley G., HCS
- Jim I., HCS
- Debbie S., HCS
- Elizabeth S., HCS
- Wendy W., HCS
- Nora R., TxHmL

Nursing:

- Mary J., RN
- Terri K., LVN
- Ellen M., LVN
- Pamela M., LVN

Completing the Team:

- Annette R., CFC/AA Claims
- Cynthia, C., HR
- Jerry M., Information Technology
- Debbie G., Payroll
- Pam P., Receptionist/Waiver Billing
- Nola G., Quality Assurance
- Cliff L., Facilities/Vehicles Maint.
- Cynthia T., Host Home Coordinator