



Golden Rule Review

Quarterly Newsletter

December, 2017



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We would like to begin our December Newsletter by wishing each of you a very Merry and Blessed Christmas and a Happy and Healthy New Year!

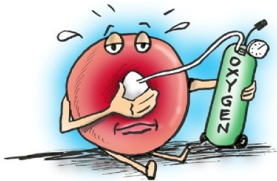
In this edition, we would like to do some reflection on 2017, including sharing with you some of the things that have been accomplished this year. We would also like to begin to look forward and in so doing, share with you some of our goals for 2018.



Tips for Healthy Living:

Never underestimate the importance of self-care; especially during the busy Holiday Season.

It can be very helpful to take a lesson from the process of putting on an oxygen mask on an airplane. Before flying, we are always instructed that in the event of an emergency, we need to put on our own oxygen mask first and then help others. Practicing self-care is very similar. You MUST take care of your own mental, spiritual and physical health before you can truly help others.



-Treat yourself as compassionately as you treat others. "Self Compassion is simply giving the same kindness to ourselves that we would give to others." -Christopher Germer from his book *The Mindful Path to Self-Compassion*

-Taking care of yourself allows you to reduce stress, preserve relationships, maintain a beneficial work/life balance and continue to be there for your loved ones.

-Realize the Holiday season is a marathon, not a sprint. Pace yourself. Accept help and allow yourself some respite time.

-Eat a balanced diet; get enough sleep; exercise; laugh out loud; engage in a favorite activity that helps you recharge. A little me time is a valuable investment.

(sources: News and Publications @ hopkinsmedicine.org; 10 Tips for Caregivers during the Holidays at www.aarp.org)



Wrapping up 2017



Hi-Lighting a few of our ACCOMPLISHMENTS:

- We replaced the AC/Heating unit in the large gymnasium of our Pearland site and are excited about the space this opens up. We were able to comfortably host a Thanksgiving dinner and Christmas Program in this spacious area.
- Barbara had the opportunity to participate in various **community education and outreach activities** including introducing the topic of IDD to a local Boy Scouts unit.
- We held a successful fundraiser to assist us with our goal of putting a computer room at both Day Habilitation sites.
- We developed a new Satisfaction Survey format to increase our ability to hear back directly from those using services and their loved ones. These are sent out throughout the year, so please watch the mail for yours.
- We reintroduced our Newsletter and are including sections that some of you have identified as important to you. Your feedback in this area is always appreciated.
- We were able to assist interested individuals to participate in the Tim Tebow Foundation's "Night to Shine" event in our area.
- All of our Case Managers had the opportunity to complete an "Introductory to Person Centered Planning" Training.



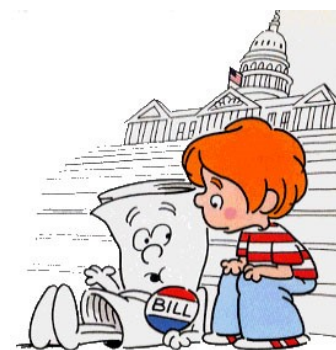
The 85th Legislative Session and IDD Services

"Unfortunately, this session did little to advance priority issues for Texans with IDD. This is particularly reflected in the 2018-2019 budget, which provides no funding to reduce the waitlist for community services; historically low funding for promoting independence waivers; and drastic cuts to attendant rates.

The 21% cut to the CFC rate in the Waivers went into effect on July 1, 2017. It is important to note that individuals in group homes and

companion care are not included in these cuts because they do not receive CFC services. In addition, individuals using the Consumer Directed Services (CDS) Option were exempted from this rate cut.

For the first time in over a decade, the legislature did not provide ANY funding to reduce the extensive waitlist for home and community based services." Rough estimates are that an individual may now have to wait as many as 14 - 15 years before receiving a community based HCS slot. (source: www.thearcoftexas.org)



The next Legislative session is scheduled to begin January 8, 2019.

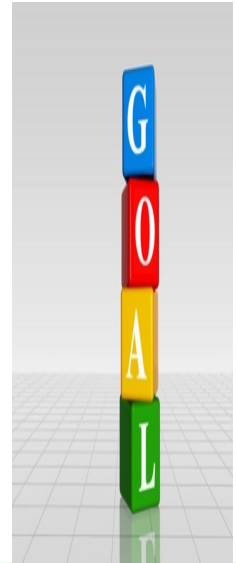


A New Year's Resolution is a tradition, most common in the Western Hemisphere but also found in the Eastern Hemisphere, in which a person resolves to change an undesired trait or behavior, to accomplish a personal goal or otherwise improve their life. -Wikipedia

Looking Ahead to 2018:

Here are some of our GOALS for this coming year:

- to implement a more comprehensive employee training program
- to add computer rooms to both day hab locations
- to host some family activities
- to develop a volunteer program
- to upgrade some of our vehicles



Your STORY Matters

We all have a story that is uniquely our own. Did you know that sharing your story may have a direct impact on IDD Services in the State of Texas. By "telling your story" you can assist those with Legislative authority to better understand the issues that are important to Individuals with IDD and their families.

Kyle Piccolo with the ARC of Texas notes, "You can advocate without coming to Austin and oftentimes it's better that way! Your State Legislators are in session just 140 days every other year. They spend the remaining 590 days in their home districts and in the communities where you live. It's important that you meet with Your Legislators now so issues important to Texans with intellectual and developmental disabilities are a priority during the 2019 Legislative Session."



**Today you are YOU,
that is TRUER than true.
There is NO ONE alive
who is YOUER than YOU!**

Need to know who **your Representatives** are:
www.fyi.legis.state.tx.us

Resources:

The Arc of Texas (www.thearcoftexas.org)

512-454-6694 info@thearcoftexas.org

The Arc of Texas is committed to helping advocates like you connect with your elected officials.

The Arc of the Gulf Coast (www.arcgulfcoast.org)

281-388-1161

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....

The Arc of Greater Houston (www.aogh.org)

713-957-1600

The Arc of Greater Houston promotes and protects the human rights of people with intellectual and developmental disabilities and actively supports their full inclusion and participation in the community throughout their lives.

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

We're on the web:
www.goldenruleservices.org

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.

Golden Rule Services, Inc. is a non-profit corporation under IRS 501(c)(3). Donations are welcomed and are tax-deductible.

Share a little joy and laughter: A little Christmas humor



Which Christmas carol do librarians like the most?

- **Silent Night**



What falls at the North Pole but never gets hurt?

- **Snow**

When does Christmas come before Thanksgiving?

- **In the Dictionary**

What's the difference between the Christmas alphabet and the ordinary alphabet?

- **the Christmas version has no L**



(-www.funkidsjokes.com)

