



► **St. Louis might have made Marion Harris sing the blues but CLA had fun. CLA's annual tripPg 4**



► **Green'in it up while destroying documents. Gone for Good opens for business and hits the ground running.....Pg 6**

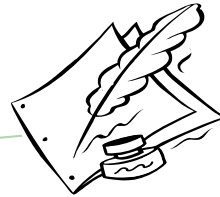
UCP Quarterly



► **UCP rolls out the red carpet ! Northwest Arkansas host the premiere of "War Eagle, Arkansas".....Pg 9**

<http://www.ucpark.org/newsletter.html>

A United Cerebral Palsy of Arkansas Newsletter



A Letter from the CEO

The term "quality of life" is one that I hear all the time when we talk about assisting people with disabilities. However, when one tries to define this term it becomes very subjective, so I did a little research and discovered that quality of life can be defined by the following:

- Economics/Employment
- Housing
- Environment
- Social Connectedness
- Health
- Safety
- Education/Knowledge & Skills
- Civil & Political Rights


This list reminds us that we are more alike than not alike. This definition of "quality of life" is for people— people with and without disabilities. So quality of life is about how we prioritize and address the areas listed above. As we try and help others to improve their "quality of life" we need to make sure we know which of these areas are of priority to that individual. While at the same time understanding that as life situations change, so will priorities. We need only look at ourselves to realize that at different points in our lives we have reprioritized these areas, Obviously, because of the nature of what we do at UCP, the two priorities that are "automatic" are health and safety. But as you can see, health and safety do not make a quality of life alone. We must make sure that people are living where they want to live, have a nurturing and supportive environment; have friends and acquaintances and participate in the life of the community; not only have their rights protected, but make sure they are given opportunities to exercise their rights; strive to increase their knowledge and skills; help them find meaningful activities or work; and, if necessary, help efficiently and effectively manage their financial resources. If we can help address these areas we can truly say we are helping to improve one's "quality of life".

Snapshots from Preschool Halloween Classroom Decorating Contest


Larry Stang



Inside The Quarterly



**We are Back
to the world!!!**
www.ucpark.org



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From the Editor's Desk



Fall never fails to inspire in me a pronounced and rather passionate zest for life. Maybe it's the approaching winter or perhaps mild delirium brought on by the flu, or better yet the intoxicating euphoria from discovering that pumpkin seed muffins (found at most places where coffee is sold) are once again available in abundance. The latter being the most obvious reason, of course. These muffins have more than once been the cause my shucking of responsibilities in pursuit of a fervor. From locking myself up in my family's cabin in the middle of nowhere for 4 days straight determined to learn to play every single Tom Waits song on my Cello to spontaneous road trips to see obscure bands and briefly joining an artist community (a hippie commune when my grandparents tell the story) in the desert because some guy at a gas station who looked an awful lot like Henry Morton Stanley suggested I take a year off of college to find myself, those muffins, and to a larger point, fall are the sparks that I need to arouse in me a zeal for accomplishment and life. Each one of us has are own "criminally delicious pumpkin seed muffin". Maybe it is your family, a Foreigner song, that first deep breath of air after you wake up on your neighbors lawn wearing a Viking helmet and cradling a lawn Nome after a very, very long night, that first cup of coffee, or maybe it is seeing another person overcome obstacles and challenges and striving to inspire others in their own journey to live a Life Without Limits. The year might be slowly coming to an end but the UCP family is as inspired as ever and the newsletter desk has never been inundated with so much information. Also, have you signed up for the e-version of the newsletter. Paperless? Yes. Same great content? Oh yeah! Less calories than the printed version? Dubious considering the newsletter is not to be eaten but whatever you have to tell yourself to sign up.

Submit any questions, announcements, articles, comments or suggestions to Wendy at:

United Cerebral Palsy of Arkansas
Newsletter Desk
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Little Rock, Arkansas 72227
Phone:(501) 228-3825
Email wendy@ucpark.org

Wendy

Arkansas Rebar, Inc.

UCP would like to thank Arkansas Rebar Inc., for being title sponsor for the 1st Annual UCP Scramble for Teddy Darragh Cerebral Palsy Foundation held April 20th.



We could not have done it without you!!!

I would like to recognize the following people for their contributions to this issue.

Craig Reinhardt
Jennifer Watts
Stacey Luebker
Lisa Moore
Linda Arthur
Jeff Roberson
Amber Newton
Julie Russell- Who didn't hold a grudge when I forgot to thank her in the last newsletter!

Thank you!

This Quarters Quotable
Person...

"I know of no more encouraging fact than the unquestioned ability of a man to elevate his life by conscious endeavor."

- Henry David Thoreau (1817-1862)
American author, poet, historian, philosopher, naturalist, development critic, tax resister, and transcendentalist.

Family Fun Day 2009



BLC Graduation 2009



Community Activities





Nicholas Randall James, affectionately known as “Nick” lives in Conway. He is fortunate that his father, Randall James, is a builder. About a year and

half ago, Randall bought Nick his own home in Conway and during this time he has renovated the entire house. It has new wood flooring throughout the home. Randall installed beautiful tile floors and new bathroom fixtures. A new heating and air conditioning unit has been installed just under the 9 foot ceilings in the home, covered discreetly with painted dry wall, to save energy rather than having the unit placed in a hot attic. All walls have been painted, new oak kitchen cupboards installed along with new ceiling fans and lighting. The plumbing and wiring are all new. Nick is so proud of his new home. He never stopped smiling during our entire visit today. He looked and me and said, “Linda, I am blessed”. We are so happy for you Nick!

Submitted by Linda Arthur, ACS Waiver Supervisor

UCP Postcard





Transit Riders

Here at UCP, it is all about learning and on one very special day it was learning about public transportation. Riding all the way from our adult day center in North Little Rock for the first time to the waiver office on Rodney Parham, was truly an adventure (and a learning experience) for these brave travelers.

Riders: Willie Anderson, Carolyn Lane, Larry Sims, Roy Gene Thompson, and Anthony Scott

Staff: Cynthia Jackson and Maxine Simmons



July - August



GONE FOR GOOD
A Division of UCP
DOCUMENT DESTRUCTION

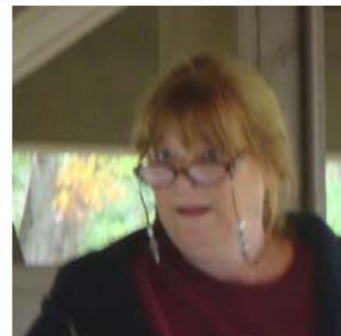


SECURE
GONE FOR GOOD
SHREDDING

Have paper to Shred....Call 228-3827 for prices and we would be glad to shred it for you!!!!!!



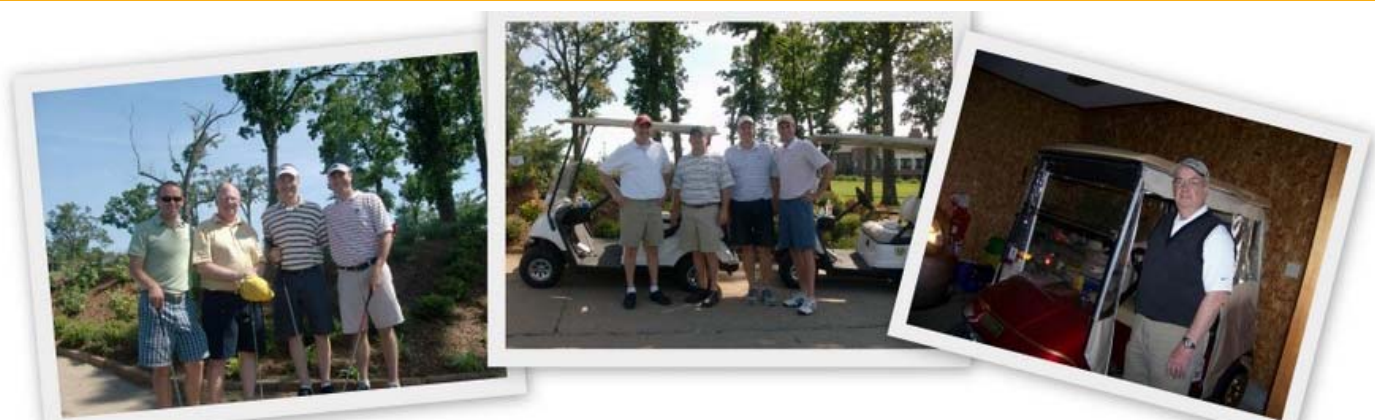
October 10, 2009



Here is a little note...

Training really pays off....recently a client at CLA was noted to be choking on a grape at mealtime. Staff noticed she was not breathing and having trouble. The nurse who was there quickly intervened and performed the Heimlich maneuver. The client had a good outcome because of trained staff who knew what to watch for and what to do.

Jeff, UCP Nursing Supervisor



Pictured above are a set of completely random photos from the 8th annual UCP Golf Challenge held at Springdale Country Club. Many came out to golf while raising awareness and funds for Conductive Education of Northwest Arkansas. Joe Moore (pictured on the far right) served as Honorary Chairman. Thank you to all our supporters, sponsors, golfers, and volunteers.

UCP Remembers



A Loved One From Us Is Gone.
A Voice We Loved Is Stilled.
A Place Is Vacant In Our Home,
That Can Never Be Filled!

We Love You Roberta!
The CLA Family

In Loving Memory
Of
Roberta O. Smith
"Bob-O"

Sunrise 09/26/1950
Sunset 08/11/2009

Did you know...

Stephen Hopkins, a man with cerebral palsy, is one of the signers of the Declaration of Independence. He once said "my hands may tremble, my heart does not."

And

Robert Cross



Robert worked at Ultra Cartridge Products in North Little Rock.

UCP Board of Directors

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We Couldn't Do It Without Your Help

A very special thank you to...

*Freddie Gardner
The Darragh Company
Parts Warehouse Inc.
Van and Janet Owens
Lawrence Mooney
Paula Davis
Phillip and Leslie Porter*

*Merle and Delores Larson
Jeff Hagers
Jack Lankford*

*For your recent support of
United Cerebral Palsy of
Arkansas*

Northwest (continued)



Randy Parker turned **60 years** young on June 17th, 2009. He celebrated the occasion with family, friends, and UCP staff at Creekmore Park in Fort Smith. They were treated to pizza, cake and goodies. Randy was thrilled his sister, Beverly Starr, traveled from Texas to celebrate with him.

Happy Birthday!!!

Brilliant Strokes 2009



The **5th Annual Art Auction For Independence** was held Friday, October 16th at the Fayetteville Town Center. It was presented by Frank and Gen Broyles and attracted many supporters throughout the northwest region. All proceeds benefited our children's program, Conductive Education of Northwest Arkansas.

Thank you... To all our supporters, volunteers and sponsors.



Frank & Gen Broyles



ARVEST

Phil & Leslie Porter



Northeast

Jonesboro Transitional Housing Project



Okay, so it will probably come as a shock but I added the bear with a photo editing program (gives it a bit a kick, don't you think?!), and I pretty sure that the housing project will be bear free. Nonetheless, the Jonesboro project is not far from nearing its final stages of development and should be ready to host its first occupants come the new year. The project has developed massive amounts of support from both the Jonesboro Human Development Center, whose individuals will be using this facility as a residence in an attempt to transition from institutional living out into the community, the Jonesboro community and surrounding areas, as well as many UCP supporters throughout the state. A special thank you to all of those involved in its conception, planning, and development.

The first stages of the Jonesboro project...
Oh no, is that...IT'S A BEAR!!! Run!!!



Jonesboro project sans the bear



UCP Northeast Council Members

Gary Wells, Council Chair ◦ William Clements ◦ Charlotte Eddington ◦ Ann Garner ◦ Mickey Bridger◦
Joan Primm ◦ Bobby Puryear ◦ Nate Miller

United Cerebral Palsy of Arkansas

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Life Without Limits For People With Disabilities

Memorials

In Memory of Nelson Reinhardt

*Young M. Orsburn
Richard and Betty Squires
Ellen and Jim Brown
Ed and Betty Wood*

In Memory of Cecelia Neaville

H. Daniel and Patricia Blackwood

In Memory of Mary Melissa Dobbs

Terry Tharp

Do you have someone you would like to honor with a tribute or memorial? Tributes can commemorate a special occasion like holidays, anniversaries, birthdays or weddings. The memorials help keep the memory of a loved one alive. Such gestures can also benefit UCP of Arkansas and our mission to provide a "Life without Limits" for people with disabilities. Each person being honored or remembered will be recognized in the next issue of the UCP Quarterly.

If you would like further information on the memorials or tributes, please contact the editors desk at (501) 228-3825.

