

# Inspirations

March 2008

Terrebonne Association for Retarded Citizens



## Celebrating Intellectual Disabilities Awareness Month



### Director's Corner

Dear Friends of TARC,

Thanks to each of you who are so loyal and responsive to the needs of the individuals served by TARC. Your membership helps us to advocate for individuals with intellectual and developmental disabilities, on the state and national level. Without your financial support we would not be able to do the dynamic things that TARC has a reputation for statewide. It astounds me how

many families in Terrebonne Parish have been touched in some way by our organization and how many of them want contributions made to TARC in honor of a loved one who has passed away, and how generous the business community is with making donations; both financially and with volunteering to help for special occasions. We are truly blessed to be a part of such a giving community.

Due to privacy, I will not mention names but I would like to give you a few examples of the generosity that we receive. One family connected to TARC had ALL donations from the death of both parents dedicated

to TARC. A major business and family gave a large donation to honor a deceased father and loved one who had been active in the early days of TARC. An oilfield related business did a matching program with its employees and all proceeds were donated to TARC. A portion of a fishing rodeo was dedicated to TARC, and on and on. I sometimes am overwhelmed by this unselfish giving from the toil of people's hands and brows! What a testimony to the nature of our community.

TARC Board of Directors and Staff are dedicated to meeting the needs of individuals with Mental Retardation (INTELLECTUAL) and

Developmental Disabilities the opportunity to enjoy a meaningful life.

The NEW politically correct words for mental retardation in now intellectual disability. This does not, however, change the fact that the individuals served by TARC need "special services and special care."

These services are performed by totally dedicated individuals who see beyond the disability and serve TARC clients with dignity and love.

As long as there is a Terrebonne Parish, there will be a TARC!

Mary Lynn Bisland,  
Executive Director

TARC is now hiring the following:

Residential Floater  
PCA  
Community Living Specialist

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## TARC Holds 1st Annual Martin Luther King, Jr. March



*Happy birthday to you  
Happy birthday to you  
Happy birthday!!!*

Those were the lyrics that members from every department on TARC's campus sang together, as clients and staff

members paid tribute to the contributions of Dr. Martin Luther King Jr., during TARC's 1st annual Martin Luther King Jr. March.

Participants were asked to form a line, and walk once around TARC's

campus with decorative banners while singing Stevie Wonder's 1980 hit song, "Happy Birthday." With the help of directors, counselors, managers and the direct care staff, the event proved to be both educational and exciting.

Each unit was issued poster boards with pictures of Dr. King and asked to be as creative as possible in the creation of the banners. "Many of the units far exceeded what was expected," Jarrett Hawkins, Adult Services Manager said. "I think the event showcased the dedication that the staff has to the clients, their creativity and their appreciation of this great American."

Director of TARC Industries Division 1, Gilbert Jones, said he was extremely satisfied and proud of everyone who participated in the event. "I was proud to participate in the

event and I think a majority of the employees genuinely wanted to participate as well," Jones said.

The event concluded with a speech on Dr. King's life and legacy, while TARC Industries 1 staff members Casey Smith and Renee Navy, who were responsible for decorating the cafeteria, served clients and staff refreshments highlighted by a cake with Dr. King's famous, "I Have A Dream" quote decorated in on it.

# Let's Get Together Social Club



Members are ready for the movie night to begin.



Sgt. Fremin demonstrates with President, Chaneika Smith.

This spring, TARC's Let's Get Together club has been busy...having fun! In February, to kick off the year, the club sponsored a Friday night movie night at TARC. Over 50 members ate lots of pizza and fresh popcorn for the movie. Laughter was contagious throughout the movie, "The Game Plan." Everyone enjoyed the social and can't wait for the next movie night!

In March, the club had their educational and informative meeting. The guest was Sgt. Glynn Fremin with the Terrebonne Parish Sheriff's Office. Sgt. Fremin spoke to the club

about safety, respect, and answered many questions from the audience. During his talk, he also demonstrated handcuffing someone. Let's Get To-



gether President, Chaneika Smith, happily volunteered. At the end of Sgt. Fremin's talk, he showed members the many features of his police car, including their favorite, sirens and lights!

All members who attended the meeting were given special "goodies" from Sgt. Fremin, including their own deputy badge!

The club is now looking forward to the next few events. The club's first field trip is on April 5th to the New Orleans Zephyrs baseball game. On May 17th, the club will be sponsoring a Spring Dance at the Woodmen of the World building in Houma. In addition, the club will have a barbeque and hold elections for new officers in June.

## TARC Opens New Activity Center

Participants at TARC can now enjoy the newly renovated Unit #19, which is known as the "Activities Unit," on campus.

Participants can take part in their choice of a variety of exercises and arts & craft activities in the unit. In addition, participants can also compete in a friendly game of pool or air hockey.

All exercise and arts and craft activities will be spearheaded by TARC's music therapist, Karen Henderson.

Henderson, who is very excited about the recently renovated unit, said she has many new and innovative ideas that will be beneficial to participants.

"We have several arts and crafts ideas that they will enjoy and several participants have commented that they really like

the herb gardens that we are currently working on," Henderson said.

In addition to the activities that participants will enjoy in the unit, some staff have already begun to use it for exercising. Staff often arrive before work as early as 6:30am, while others stay as late as 5:30pm.

Casey Smith for example, TARC Industries 1 Secretary, said exercising is a way to de-stress and relax after a day's work, in addition to the benefits of health and wellness.

"I usually go to Unit #19 to stay fit and get trim, but with gas and food prices going up, I often find myself going to relieve stress," Casey said.

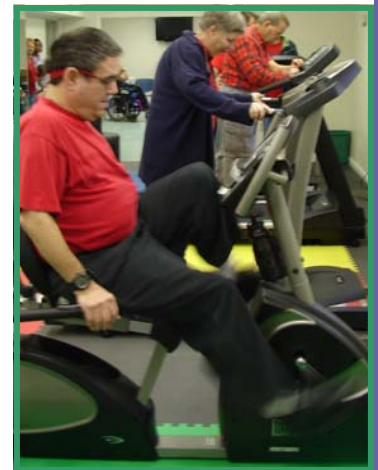
Staff can expect cross-fit classes by mid summer, while currently staff are in competi-

tion in TARC's version of "The Biggest Loser."

Kidd Theriot, TARC's QMRP, who is a competitor in TARC's "The Biggest Loser," has an interesting theory behind his involvement and thoughts on weight gain.

"I love going to the bowling alley on the weekends with friends, and one day it dawned on me...I believe that if I can't bowl it, I shouldn't weigh it," Theriot said. Theriot's average bowling score is 170, which ironically is his weight goal as well.

As summer approaches both clients and staff should look forward to other fun and inventive activities for all to participate.



Participants exercise on the new equipment

# TARC Mardi Gras Celebration 2008



Queen Brandi Authement and King Ron Chaisson

Sweet Sensations won 1st place for the Mardi Gras Door Decorating Contest. Congrats!



Ruth Pontiff reigned as Duchess to 1st Duke in Krewe of Apollo in Lockport.



Lt. Brealon Yelverton and Sheriff-Elect Vernon Bourgeois (pictured with Executive Director, Mary Lynn Bisland) donated this year's king and queen's crowns



Wood & Metal enjoy riding in the TARC parade



Rannie Boudreaux and Dennis Michel pose with the Budweiser Clydesdale horse before the TARC parade.

## TARC Easter Egg Hunt



TARC's last annual Easter Egg Hunt was held Saturday, March 15th. Students from Sunshine Express Early Care and Education Center and the School for Exceptional Children participated in the hunt and received prizes. Thank you to Bayou Civitan and Junior Auxiliary of Houma for volunteering!

## TARC Family Luncheon



Kicking off Intellectual Disability Awareness Month, TARC held it's annual Family Luncheon at the TARC cafeteria. Over 150 family members attended, and enjoyed a buffet of Barbeque delights!

## What's In Your Closet...



Now Taking Donations!

TARC's newest business, The Cedar Chest Boutique, an upscale resale (thrift) store, is now taking donations!! Donations can be brought to TARC, or you can call 876-4465 for more information. Please visit us at 6453 West Main (across from Barker Buick Pontiac.) We will be opening soon!



Formal Dresses Needed!

TARC's Let's Get Together club is sponsoring a Spring Dance on May 17th, 2008. If you have any homecoming and/or formal dresses, please donate to TARC. The clients are going to love them and love dressing up for this special occasion!

Donate Mardi Gras Beads

Don't forget! TARC collects your Mardi Gras beads year round! When you donate your beads, jobs are created for our "Bayou Packers" department.



**President  
Terry Doughty**

Our new officers are learning their jobs and everyone seems to be enjoying the meetings.

We are hoping to have a guest speaker from the DD Council at the April 19th meeting at the Main Library.

Members have also decided to conduct a food drive beginning in April. We will also have a collection box at the front desk/reception area at TARC for anyone wishing to make a donation.

Anyone wishing to attend the monthly meeting is invited to do so, we enjoy meeting new people. The meetings are held the 3rd Saturday of each month from 3:15-4:30 PM at the

main library near the Civic Center.

Also anyone wishing to become an advisor or helper to the group, a guest speaker or to provide an activity, is encouraged to attend a meeting or to contact Yvonne at 876-1544, we'd love to meet you!

People First continues to accept membership dues at the monthly meetings and applications and dues can be mailed to:

People First of Houma  
121 Marcel  
Street  
Houma, LA  
70364

Terry Doughty,  
President



## Upcoming Events

- ◆ **April 5th**—New Orleans Zephyrs game with Let's Get Together
- ◆ **April 12th**—Art After Dark--TARC @ Coffee Zone Downtown
- ◆ **April 26th**—TARC Employee Picnic
- ◆ **May 17th**—Let's Get Together Spring Dance
- ◆ **May 26**—Memorial Day (TARC Closed)

## Be a Part of TARC Membership!



TARC provides a much needed service to our Terrebonne Parish Community. We take care of our physically and mentally disabled population on a daily basis. By providing:

- Residential Services
- Transportation
- Advocacy
- Sheltered Workshop
- Supported Employment (in the community)
- Nursing
- Music Therapy
- Center Based Respite
- Total Care
- Summer Day Camp
- Day Care to children 0-5 years

When negotiating policies that affect the lives of people with disabilities, your membership adds to our voice.

With your support, we will be able to continue to fulfill these endeavors!

### MEMBERSHIP ORDER FORM

First Name

Last Name

Address

City

State

Zip Code

Telephone #

Email Address

\$15.00 Individual

\$20.00 Family

\$25.00 Organization

\$50.00 Business

\$500.00 Special Angel

\$1000.00 Lifetime Member

**Please send order form and money to:**

**TARC**

**Phone: (985) 876-4465**

**No. 1 McCord Road**

**Fax: (985) 223-7387**

**Houma, LA 70363**