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please give me a NAME
CONTEST

Independence Through Ability and Opportunity

INAUGURAL EDITION – FALL 1999
VOLUME 1, No. 1

CELEBRATION HRA!

1999 honoring Scott Murray

Roasted any good DFW broadcasters lately? Don't miss it!

HRA takes pleasure this year in honoring our **VIP—Very Impressive Personality, Scott Murray**, on Friday evening, November 12, at our annual dinner at the Arlington Wyndham Hotel ballroom (formerly the Marriott). Previously Scott, who is sports director at KXAS-TV Channel 5 (NBC), has graciously served as master of ceremonies for HRA's annual dinners. This is our way of thanking him for helping to change lives by giving so much of his time, talent, and treasure to supporting HRA and many other charitable organizations.



SCOTT MURRAY, SPORTS DIRECTOR
KXAS-TV CHANNEL 5

This is a very visible and user-friendly opportunity for companies and individuals to help underwrite this delightful event, from \$1,200 to \$20,000 for media exposure and other benefits commensurate with the sponsorship level you choose. Individual tickets may be bought at \$60 each or \$600 for a table.

On this occasion, HRA celebrates 22 years of helping adults with severe physical disabilities reach the highest living standard possible. And since the Personal Attendants are client-managed, our clients throughout the 11 counties of the Metroplex achieve a great new level of independence through ability and opportunity. That's a lot to celebrate!

If you haven't received your dinner invitation by late October, call 817-469-1977 and ask Monette or Grace to send one to you. ●

GIVE ME A NAME, PLEASE...

Win 4 tickets to Chili Cook Off

We've been gone, and we hope you missed us! HRA's newsletter, that is.

As HRA retools and beefs up our newsletter, a fresh new look and a brand new name seem like a good idea. So help us christen it with a new "handle"!

You're familiar with our mission . . . "to educate, advocate, enrich and empower adults with disabilities," and with our motto... "independence

See **Name** page 4

COLLABORATIONS

WORKING TOWARD A COMMON GOAL

*Assessing and using
community resources*

HRA joined forces with a number of other social service agencies to bring a professional development program to the community on October 7 at the Southeast campus of Tarrant County College. Terry Ridle and Jamie McCartney, client coordinators in our Tarrant and Dallas Counties offices, led round table discussions on Personal Attendant Services and how they empower adults with disabilities.

The program, "*Journey Through the System: Accessing & Using Community Resources*," used a case study approach to identify the needs of an individual and each step they should take to apply for services to meet those needs. Some of the areas addressed were education, community living, habilitation, and case management services. Special needs for trusts and guardianship were explored, as well as Social Security, local information and resource lists.

Tarrant County College Transitions Plus Program and the Aging & Developmental Disabilities Coalition cosponsored the program. Featured speakers were Norma Archer (parent and advocate) and Henry Moreland with Families as Case Managers, Inc., Houston. ●

HRA MAKES CHANGES

Bylaws revision and special events

Welcome to the "Chairman's Chat Room" and to the reincarnation of HRA's newsletter. We anticipate sending it to you quarterly and hope you will enjoy learning about our program and our clients.

With our new fiscal year having started September 1, HRA is turning over several new leaves. I thought I would take a little space to bring you up to speed on some of these.

One of our recent bylaws changes takes us from 11 board members to 23. One of the reasons we made that change is to allow room for greater representation from Dallas and Fort Worth, since the great majority of our clients live in those cities. Our first new board member is Gary Garrett, with R. J. Carroll Company, and we are fortunate to have him with us. Anyone interested in Board participation can call Bonnie Chism at HRA.

This newsletter should give us a chance to stay in touch with you throughout the year, so that you know what's coming up, and we can celebrate some successes together. We'll be asking for your feedback on issues from time to time.

A new web site is in our plans, and we're optimistic over its potential. Our reach will be expanded dramatically, so people in Nepal, Australia, and Norway can learn about our program. Parts of the newsletter will be incorporated into one of our web pages, and there will be opportunities for surfers to respond.

We're adding a spring special event, the Texas Independence Chili Cook Off, so dust off your old "road kill" cookbook, and plan to join us March 4 for a good ol' "get-down" party at the Ballpark Pavilion in Arlington.

The article about our Celebration HRA! dinner on Page 1 provides details and I want to add my encouragement for you to attend. This will be one of the nicest dinner events in the Metroplex this year. We count ourselves extremely fortunate to have our friend Scott Murray as our honoree. Join us as we "roast" him in good fun.

As we plan and play our way through all these activities, we keep ourselves constantly mindful of "Square One," the "why we are here." HRA exists to educate, advocate, enrich, and empower adults with disabilities. We want to get 125 potential clients off our waiting list and into our program services. And we are convinced we can do more of it and do it even better with your help. As always, we thank you for all you do to help HRA encourage "Independence through Ability and Opportunity."

*Keith Aholt, Chairman
HRA Board of Directors*

INCOME INCOGNITO

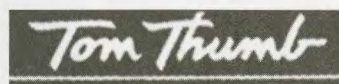
Cause-related marketing

Want a few ideas on how you can give more to HRA? We've got some "painless" ways to increase your donations.

Call us for "Kroger Share Cards" and present yours to the grocery checkers to scan before they start scanning your purchases. Costs you nothing . . . gives us a little extra revenue to work with. Get enough to distribute among your friends and multiply the effect.

Tom Thumb gives us a similar revenue stream. Theirs involves applying for a free "Reward Card," then asking the business manager or checker to tie your card's bar code to HRA's Good Neighbor number: **7997**. You can get your American Airlines AAdvantage miles, as well as earn 1 percent for HRA—at the same time!

A third cause-related marketing tool will be available in November: Prepaid Phone Cards sporting HRA's logo. *Watch your mailbox for more information.* ●



IN GRATITUDE FOR YOUR GIFTS

To all our generous donors, we send our heartfelt thanks and more thanks

Our in-kind and monetary philanthropy throughout our recent fiscal year—9/1/98–8/31/99—has enabled us at HRA to enrich and empower adults with disabilities throughout the Metroplex. Thanks to your generosity, our clients benefited from over 120,000 hours of personal services from our 80+ attendants. We take your investment seriously. Many thanks to our donors of unrestricted funds:

Mrs. H. M. Banner

Bell Helicopter Textron Employees Humanity Fund
Marion H. Downs Trustor *in memory of Mildred Hill*

First Presbyterian Church – Arlington

Carol M. Franson *in memory of Jim Doyle*

Barbara and Peter Grenier

Oniel and Elizabeth Harris *in honor of John Dycus*

Tobe Lee and Joyce W. Jonson *in memory of Mildred Hill*

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Harry and Judy Schneider

Mr. and Mrs. Bob E. Sheegog *in memory of Mildred Hill*
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United Way of Metro Tarrant County State Campaign

WHAT IS OCCUPATIONAL THERAPY ANYWAY?

Probably most misunderstood of all health care fields

We all have a pretty good notion of what Physical and Speech Therapists do and might even have been referred to them by our physicians. Those same doctors may also refer you to an OTR, or Registered Occupational Therapist, but even among doctors the concept can be muddy. One thing I can tell you is that we are *not*, as some believe, a job placement service.

Probably the word "occupational" inspires most of the confusion. That term actually refers to a person's goal-directed use of time, energy, interest, and attention. In other words, Occupational Therapists look at the *whole* person, not just the injury or disability. This is what is known as *holistic* treatment.

The American Occupational Therapy Association's slogan for the profession, *Skills for the Job of Living*, spells out that an OTR works to find ways to enhance a patient's activities of daily living.

Not only do OTRs work to increase a patient's strength, range of motion, and endurance, but they also go one step further to instruct patients in ways to use adaptive devices. A zipper pull for arthritic hands would be one item which would make dressing and other daily activities a little easier, enabling the patient to increase function ability and regain a degree of independence.

In future Holistic Help columns, we will explore a variety of specific areas in Occupational Therapy. If you have a question you would like to have answered, mail or fax it to me directly at DBF Occupational Therapy Clinic, 4041 Wheatland Road, Suite 150, Dallas 75237. Fax 972-709-1209 ●

By Dalaine B. Fletcher, MOT, OTR, and Betsy Stroder, OTAS
Mrs. Dalaine Barron Fletcher has been in private practice since January 1990 and currently directs an outpatient occupational therapy clinic in Dallas. She earned her Master of Occupational Therapy degree from Texas Woman's University. Becky Stroder, a recent intern under Ms. Fletcher, contributed to this article.

TAKE ME OUT TO THE BALL GAME

Fun with fund raising

One of the Texas Rangers Baseball Club's "Charity Nights" turned into "Funds from Fun" for HRA.

Our Board of Directors accepted the challenge of selling 100 game tickets for the July 16 game against the Arizona Diamondbacks and actually ended up peddling a total of 127, netting revenues for HRA of **\$879!**

Our special thanks to Justin Carroll, Mike Love, Keith Aholt, Jerry Hipple, Dr. TeCora Ballom, Vernon Hodo, James Liddell, Beverly Salvant, and Dr. Brian Smith. ●

OCTOBER 7, 1999

GET ON BOARD, a nonprofit fair held October 7 at the Center for Nonprofit Management in Dallas, provided HRA an opportunity to enlist potential board members, mostly from the Dallas area. Roughly 600 interested individuals attended, with some 75 nonprofits represented. Persons in Dallas and Fort Worth, as well as other parts of the Metroplex, who are interested, please call Bonnie Chism to be considered for nomination to the board.

OCTOBER 21, 1999

FINANCIAL PLANNING SEMINAR — HRA is offering a free Financial Planning Seminar focusing on Planned Giving through your comprehensive Estate Planning. A panel of three professionals will guide participants through the several tools available to help achieve your personal objectives. Roy Santerre and Gene Clark, CFP, CLU, of A. G. Edwards & Sons, Inc., and Jack Garbo of Garbo Law Offices in Arlington will be discussing such topics as avoiding unnecessary inheritance taxes, establishing charitable remainder trusts, private charitable foundations or annuities, wills, probate, powers of attorney, and more.

Join us at the Community Room in the basement of the Arlington Central Library, 101 East Abram, 6:00 to 7:30 p.m. on Thursday, October 21. At HRA we hope you will choose to include a gift to our agency in your estate planning, but that is not a requirement whatsoever for you to attend.

Reservations are requested at Metro 817/469-1977 by October 18. No admission fee, but space is limited. And in case we need to move the venue, it would be very helpful to know how to notify you. Refreshments will be served. **Don't miss this rare opportunity to gather valuable professional guidance.**

DECEMBER 8 AND 18, 1999

WRAP IT UP with us at Barnes & Noble Booksellers, 3909 South Cooper in Arlington, on December 8 and 18. Call Olivia Acosta for more information or if you can join us to gift-wrap customers' purchases—mostly books—for a 2- or 3-hour shift, 4 to 11 p.m.

HRA accepts donations at those times, and B&N also gives us a chance to distribute literature and tell interested shoppers about HRA.

Mission Statement

Founded in 1976 by Sam Provence and a group of friends, HRA is a private, nonprofit organization dedicated to the belief that all people have the right to participate fully in society and to live independent and active lives.

HRA's mission is to –

- Educate • Enrich
- Empower Adults With Disabilities

Serving the entire Metroplex, HRA programs help persons 18 and older with various physical disabilities choose their assistant(s) from applicants provided by HRA. Clients establish their own assistant schedule and supervise all aspects of the service. Services may take place at home, in school, or at the workplace.

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Mike Love, Vice President

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This newsletter covers current issues as they pertain to persons with disabilities, published by HRA and underwritten by

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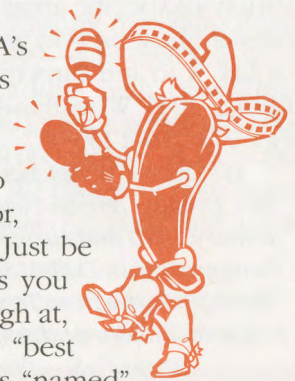
John/Jennie Dycus
3607 Shady Park Drive
Arlington Tx 76013

Name from page 1

through ability and opportunity." You know we provide personal attendants for our clients, who are adults with severe disabilities. So stir all that together and let us know what pops up.

What's in it for you? How about 4 free tickets to HRA's get-down new special event on March 4, a Texas Independence Chili Cook Off!

Be profound, breezy, or alliterative! Have some fun getting in touch with your creative self. Fax (Metro 817-461-2334) or mail your new-name entries to Editor, HRA, 1635-A West Division, Arlington, TX 76012. Just be sure to get your name(s)—enter as many times as you like—to us by December 3 so we'll have time to laugh at, cry over, ponder, deliberate and brood over your "best shots." Winner will be announced in next quarter's "named" newsletter, due out in January. ●



While due care has been exercised in the compilation of this newsletter, HRA is not responsible for errors or omissions. Inclusion in this newsletter does not constitute endorsement or recommendation by the publisher unless stated otherwise.

Two Locations Service the Metroplex

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