

*The Arc of Shelby County was originally formed in the mid - 1960's by parents of children that lived with a developmental disability. The organization disbanded for a few years in the 1990's, but was reborn in 2015 by a few of the charter members. Their goal was, and still is, to help their children and adult family members build a better and more accepting world for their loved ones who live with a disability.*

## We work every day to:

- > Provide families with information and resources to help their children and adults lead full and meaningful lives.
- > Assist people with intellectual and developmental disabilities (I/DD) to be as self-sufficient and independent as possible.
- > Assess current services available and work to fill gaps in those services or inspire others to assist in doing so.
- > Serve as a voice for individuals living with I/DD and their families to ensure that equal opportunities are available to every person in the community.
- > Promote public awareness of the importance of including all citizens in all aspects of community living and public service.
- > Inspire positive change in public policy and public attitudes.

## MEMBERSHIP

When you become a member of The Arc, you belong to and support the largest organization serving people living with I/DD and their families. You will now be part of The Arc of Indiana and The Arc of the United States. Indiana has over 25,000 members in 45 chapters. The Arc of Shelby County has over 200 members. The cost of being a member is nominal. Whether you are a self-advocate, a parent or relative, a professional or a business leader, you can help support The Arc of Shelby County in accomplishing their goals and missions. Simply call one of the phone numbers below and a membership form will be provided to you.

**The Arc has two major fund-raising events each year. A golf outing is held in early June at the Bear Chase Golf Course and Mayor Tom DeBaun sponsors a 5K Walk in mid-September at the Intelliplex in Shelbyville.**

**The American Legion Post #70 is a major sponsor of The Arc of Shelby County and SENSES Indoor Playroom Gym. We are grateful for this most generous help and support.**

The Blue River Community Foundation has generously provided grant funds to help launch all entities of The Arc, including the Shelbyville VC Aktion Club, the SENSES Indoor Playroom Gym and financial assistance to help re-start The Arc of Shelby County. The members and leaders of The Arc are very grateful for their most kind help and support.



  
**The Arc**  
of Shelby County, Inc.  
**Achieve with us.**

[www.sensesgym.org](http://www.sensesgym.org)  
[www.facebook.com/thearcofshelbycounty](https://www.facebook.com/thearcofshelbycounty)

317-398-6708  
317-370-8238

1202 Highpointe Blvd.  
Shelbyville, IN 46176

SENSES GYM  
1110 Amos Rd., Ste. A  
Shelbyville, IN 46176

  
**The Arc**  
of Shelby County, Inc.



*Chartered in 2015, the SENSES Gym has now enrolled over 175 children. Parent-led and reasonably priced, this gym is open to kids of all abilities and mobility's.*

## SENSES Gym for children

*Chartered in 2009, the Aktion Club now serves almost 50 adults who work to raise money to help others in the community.*



## The VC Aktion Club for adults



*The Arc serves families in need of services for their family members who live with a disability, and recognizes those who help serve them.*

## The Arc for families and friends

## **Programs and Projects of The Arc Referral Services**

The Arc of Shelby County, in collaboration with The Arc of Indiana and The Arc of the United States, exists to provide services and assistance to families of, and individuals with, special needs. In order to meet and fulfill this purpose, we provide information on the various organizations and agencies available in our area. Following are some of those to which we make regular referrals:

**The Arc of Indiana**  
107 N. Pennsylvania St. Suite 800  
Indianapolis, IN 46204  
Ph: 800-382-9100  
[info@arcind.org](mailto:info@arcind.org)

**About Special Kids (ASK)**  
7172 Graham Road, Suite 100  
Indianapolis, IN 46250  
Ph: 317-257-8683  
[familynet@abousspecialkids.org](mailto:familynet@abousspecialkids.org)

**Autism Society of Indiana**  
1800 N. Meridian St. Suite 600  
Indianapolis, IN 46202  
Ph: 800-609-8449  
[info@inautism.org](mailto:info@inautism.org)

**Disability Legal Services of IN**  
5954 N. College Ave.  
Indianapolis, IN 46220  
Ph: 317-426-7733  
[info@disabilitylegalservicesin.org](mailto:info@disabilitylegalservicesin.org)

**Voc Rehabilitation Services**  
2346 S. Lynhurst Dr., Bldg 100  
Indianapolis, IN 46241  
Ph: 317-205-0100  
[Matt.Rodway@fssa.in.gov](mailto:Matt.Rodway@fssa.in.gov)

**Family Voices of Indiana**  
445 N. Pennsylvania St. Ste. 941  
Indianapolis, IN 46204  
Ph: 317-944-8987  
[info@fvindiana.org](mailto:info@fvindiana.org)

**Down Syndrome Indiana**  
708 E. Michigan Street  
Indianapolis, IN 46202  
Ph: 317-925-7617  
[info@dsindiana.org](mailto:info@dsindiana.org)

**United Cerebral Palsy Indiana**  
8020 Zionsville Road  
Indianapolis, IN 46268  
Ph: 317-632-3561  
[Kelley@ucpindy.org](mailto:Kelley@ucpindy.org)

The office of The Arc of Shelby County maintains an updated list of agencies and organizations that provide services for special needs families and individuals. Just contact our office and we will help guide you to the best source necessary to help meet your needs.

Membership meetings will be held periodically to help families and individuals stay current on events and also help provide information that is beneficial in helping them provide the best care and service possible for their loved ones. A newsletter will be published at least 5 times annually in order to keep members informed.

# SENSES

An indoor sensory playground gym



The SENSES Gym opened officially on February 1, 2016 and has now enrolled almost 200 children in the program. It is an exciting and safe alternative to typical outdoor playgrounds. Designed especially for kids who need sensory recreation, it is beneficial for kids who have other needs. Kids with Autism, are on the Autism spectrum, have sensory processing disorders, ADHD, Down syndrome, Asperger's Syndrome and similar special needs can benefit from this type of play and recreation. Recent studies show that all children can learn and grow from sensory recreation. To kids, this is a giant indoor playground, and as they play, they are getting part of their sensory "diet".

SENSES is designed for kids aged 1-6 years old. For those currently receiving therapy or those who just need a fun place to play, learn and grow, this may be just the place for them. Over half the kids enrolled do not have special needs, they just come and have fun. All kids in this age group are welcome. We are handicapped accessible and have had parents and professionals from all over central Indiana coming in to check us out.

SENSES is not expensive. There is a modest per-session fee, and, with advance reservations, we can help host kids birthday parties or other special events.



Parents must attend the sessions with their children. They work with and guide them in learning how to safely use

the equipment, toys and gadgets and engage socially with other children. Pick up one of our SENSES brochures for more details about this great new learning, playing and growing opportunity for your child.

Chartered in 2009, the Shelbyville VC Aktion Club now has about 50 adult members. Most of them live with a disability. The club is sponsored and supported by The Arc of Shelby County and the Shelbyville Kiwanis Club. The mission of the Aktion Club is to provide members with an opportunity to develop initiative and leadership skills and team skills to better serve their community. In doing so, they will be more integrated into the community and society and be able to demonstrate the dignity and value of citizens and neighbors living with a disability.



Some of the fundraisers of the club include; making and selling Christmas ornaments, car washes, and parking cars for the Indianapolis Colts football games. Service projects include; Headstart Children Santa project, Shelby County Animal Shelter, Special Olympics, Salvation Army Food Pantry, Major Hospital Comfort Cart, Special Ed classes, Riley Hospital for Children and The Arc of Shelby County SENSES program.