



I CAN! of Arkansas

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Director

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"I can do all things through Christ who strengthens me."

~ Philippians 4:13

## Ms. Wheelchair Titleholders Visit I CAN!

Ms. Wheelchair America 2016 Dr. Alette Coble-Temple and Ms. Wheelchair Arkansas 2015 Karen Rivera joined an I CAN! Dance class on Tues., March 15. The two not only danced with our students at The I CAN! Arts and Resource Center and played on our inclusive playground at The Crossing at Angel Court, they also shared their life story with our special needs families.

Dr. Coble-Temple is from California and was given a 10% chance of survival at birth. As a young student she was enrolled at a school for the disabled until she rebelled and told her parents she wanted to go to the school four blocks from her neighborhood. With the support of her parents, they fought the local district and she was fully mainstreamed in fifth grade. After graduation, she continued her education and earned her doctorate in psychology. She is a licensed psychologist, professor at John F. Kennedy University in California, and serves as an independent evaluator at the Board of Parole Hearings for the State of California Department of Corrections and Rehabilitation.

She also toured the Capitol during her visit and shared with legislators that current and future laws should reflect ways



to help but not hinder independence so that people with disabilities can become "taxpayers." She also wants to strengthen the community collaborations for people with disabilities in their quest of parenthood. She is the mother of an 11-year-old girl. She shared with students that she talks "funny" because of her "C.P. Accent," short for cerebral palsy accent. She told families that they have an Arkansas accent and she has her own accent. Rivera is from Jacksonville and was named Ms. Congeniality at Ms. Wheelchair America. She is also an advocate for women affected by domestic violence. ♿

A Big **SHOUT**  
**OUT** From I CAN!

I CAN! of Arkansas depends on **YOUR** generosity to provide extracurricular activities to children with special needs - that's why **EVERY** donation is important and all supporters have a special place in our hearts. This month's **SHOUT OUT!** goes to the Knights of Columbus for a \$500 donation and to Theta Pi for a \$300 donation, both dedicated to our Fountain Lake Chapter. We also thank Josh Bostrand who dedicated his Eagle Scout project to the I CAN! Arts and Resource Center. (See page 2 for more information and pictures.) ♿

Help Grow The  
**LOVE!**

I CAN! is excited to participate in *Arkansas Gives*, a fundraising event for various non-profit organizations to be held Thursday, April 7 from 8 a.m. until 8 p.m.. Anyone interested in financially supporting I CAN! may contribute by visiting [www.arkansasgives.org](http://www.arkansasgives.org), selecting I CAN! of Arkansas and making your tax-free donation. And the best part? The Arkansas Community Foundation will **MATCH** a percentage of all donation so it's definitely a win/win situation! I CAN! depends on **YOUR** support. We need you! Please donate April 7! ♿

# Taylor "Dances" To Success With I CAN!

Although doctors said Taylor Williams might never walk or talk due to Cerebral Palsy, this 7-year-old youngster lights up a room with her personality and savvy style, truly dancing her way to success at I CAN's Sherwood location!

Born at 26 weeks gestation with a grade 4 brain bleed, the outlook for Taylor wasn't good due to her severe prematurity. When she was two, Taylor was diagnosed with Cerebral Palsy, which affects body movement, muscle control, muscle coordination, muscle tone, reflex, posture and balance. It can also affect fine motor skills and oral motor functions.


Despite having some developmental issues, Taylor has defied the doctor's prognosis, acting like many

other seven-year-olds and lights up the room with her energetic personality.

She wears Ankle Foot Orthosis (AFO's) on a daily basis due to the tightness of her muscles. Taylor has physical therapy and occupational therapy three days a week at Crestwood Elementary where she attends school.

Taylor, who started at the I CAN! Dance location in Sherwood when she was four, loves to dance and is very eager to get to dance class one day a week. Taylor's family said I CAN! Dance has made their lives so much easier with dance for kids with special needs. Despite her disability, this program provides a way for this young lady to dance and have fun like any



other child her age. I CAN! Dance has also helped build her confidence. 

## Lend Us a Hand...


Just as we depend on **YOU** for financial help, I CAN! also appreciates assistance in other ways, such as a helping hand on projects to improve the Arts and Resource Center. There are two volunteer opportunities in April which include:

### Deck/Treehouse Staining

On April 9, Reagan Eades will lead an Eagle Scout Project directed at staining the deck/treehouse at the I CAN! Arts and Resource Center. Any volunteers who would like to assist in the project are encouraged to arrive at 7:30 am to begin work. Any time offered is greatly appreciated. What work does not get completed will possibly be completed the following Saturday.

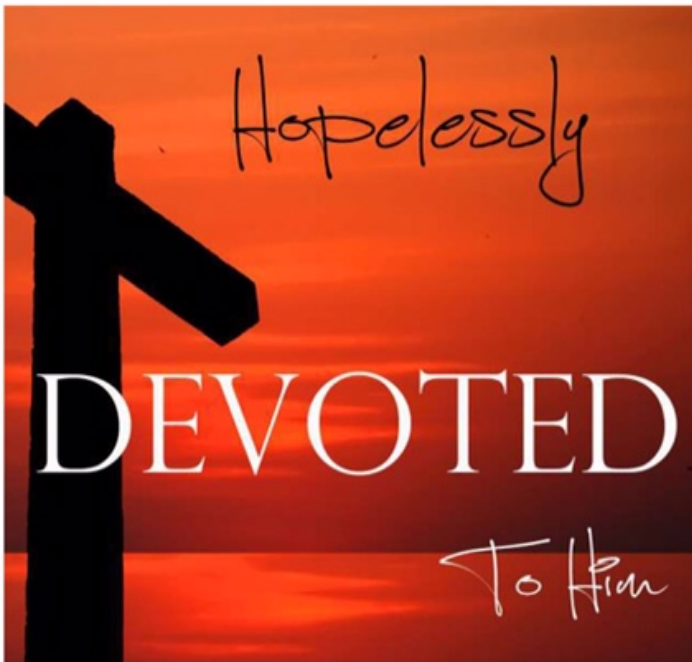
### CityServe

On April 16 from 9 a.m. until noon Fellowship Bible Church and St. Mark's Baptist Church unite in CityServe, a day dedicated to serving others throughout the area through a variety of improvement projects. This year City Serve has been expanded to include I CAN! Tasks will include gardening and clean up at the I CAN! Arts and Resource Center and The Crossing at Angel Court.

I CAN! encourages our families and supporters to take part in at least one of these two volunteer clean-up events. This is one more way to lend a hand to give back to the cause and is greatly appreciated. 



I CAN! sends out a special thank you to Josh Bostrand who dedicated his Eagle Scout project to beautification of the I CAN! Arts and Resource Center. He raised \$1,100 and then recruited numerous volunteers to purchase and lay sod on the Center grounds. I CAN! depends on a helping hand from our supporters and projects like these greatly contribute to our continued success. Thanks Josh and friends!



## Let's Get Spiritual!

By Angeletta Giles

Ephesians 6:10-11 "A final word: Be strong in the Lord and in his mighty power. Put on all of God's armor so that you will be able to stand firm against all strategies of the devil." The Summer Olympics are around the corner! One of my favorite sports is gymnastics. When I think about some of the greats: Nadia Comaneci, Mary Lou Retton, and Gabby Douglas, they dedicated their entire lives for that one moment, one chance for gold. They didn't start training the summer before; it took years to master their skills. We must also be dedicated in our training for the many moments where our faith will be tested.

We will be tempted daily by negativity and unexplainable circumstances, but like training for the Olympics, we must be dedicated to our spiritual lives, and stay committed to being trained for God's purpose.

Our spiritual training plan: reading His Word, staying in prayer, and spreading the Good News. By following our spiritual training plan, our faith-muscle will grow stronger and stronger each day. This muscle can never be overworked or stretched too far! I commend people who are dedicated to their physical fitness and it also honors God. But the Bible also tells us in, 1 Timothy 4:8, "Training your body helps you in some ways, but devotion to God helps you in every way. It brings you blessings in this life and in the future life too." *Let's Get Spiritual!* 🙏



I CAN! has some of the most talented students in Central Arkansas and keeps dancing with numerous performances throughout the year. Upcoming events include:

### **A Very Special Pageant**

April 9 \* Fountain Lake High School \* 2:00 p.m.

### **An Evening in the Park**

May 13 \* Simon Park, Conway \* 6:30 p.m.

### **Greek Food Festival**

May 21 \* Annunciation Greek Orthodox Church, 1100 Napa Valley Drive, Little Rock \* 2 p.m. and 4:45 p.m.

### **Sherwood Spring Recital**

June 5 \* Location and Time TBD

### **North Little Rock Spring Recital**

Date, Time, Location TBD



The Hot Springs Chapter of I CAN! Dance presented information to First United Methodist Church in Hot Springs on Sunday, March 13 during the weekly KIDZ Rock program. Members also donated several leotards, dance shoes, tights, skirts and a dance bag as well as \$131. Thanks so much - I CAN! thanks you **ROCK!**

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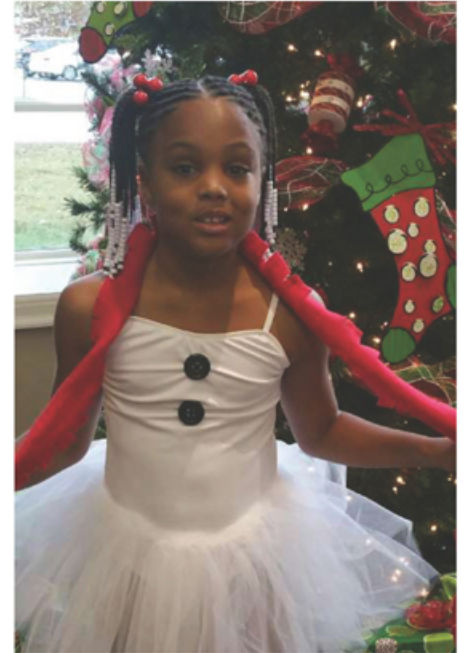
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