



the not

Forgotten, 1st

Hope Lives Here

Newsletter

October 2025

Falling Into Inclusion

As the leaves change and the air turns crisp, autumn reminds us how beautiful it can be when different colors come together to create something extraordinary. This season, The Not Forgotten 1st celebrates the spirit of inclusion — welcoming and appreciating every individual for who they are and what they bring to our community.

Inclusion isn’t just about making space; it’s about making connections — seeing strengths, nurturing potential, and recognizing that everyone has something meaningful to contribute. Just as every leaf of color plays an intricate part in the beauty of fall, every person adds something special to the world around them.

Building Belonging

Belonging is the heart of inclusion. It’s that warm assurance that you’re seen, accepted and respected for exactly who you are. Whether it’s a student finding their voice in class, an employee contributing at work, or a neighbor reaching out (wanting to be friends) — each moment of connection matters. When we build belonging on a foundation of acceptance, we build confidence, friendship, and joy.

Engaging Through Understanding

Understanding opens the door to compassion. Taking time to learn about others — how they communicate, process, or experience the world — helps us SEE the individual. Simple acts like slowing down, asking questions, or offering support can create stronger bonds and make our community a place where everyone feels understood.

Encouraging Independence

Just as the season changes, individuals with exceptionalities continue to grow and discover strengths they didn’t know they had. Encouraging independence — whether that’s trying something unfamiliar, making a choice, or taking on a task — builds courage. When families, teachers, and friends cheer them on, every accomplishment becomes a celebration.

Celebrating Every Step

Inclusion is a journey filled with moments worth celebrating. From small victories to big milestones, each step forward reminds us of the power of patience, love, and community. As we “fall into inclusion” this season, let’s continue to lift one another up, share encouragement, and create spaces where everyone can thrive — together.

In This Newsletter You Can Expect:

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Exceptionality of the Month: Dyscalculia

Dyscalculia is a specific learning disability that affects a person's ability to understand and work with numbers. It impacts mathematical skills such as comprehending number concepts, recognizing patterns, and learning arithmetic. Individuals with dyscalculia may struggle to grasp number relationships, remember math facts, or perform calculations. They often learn to count later than their peers and may write numbers in the wrong order.

This learning difference involves challenges in basic number processing, leading to difficulties with math calculations and understanding numerical information.

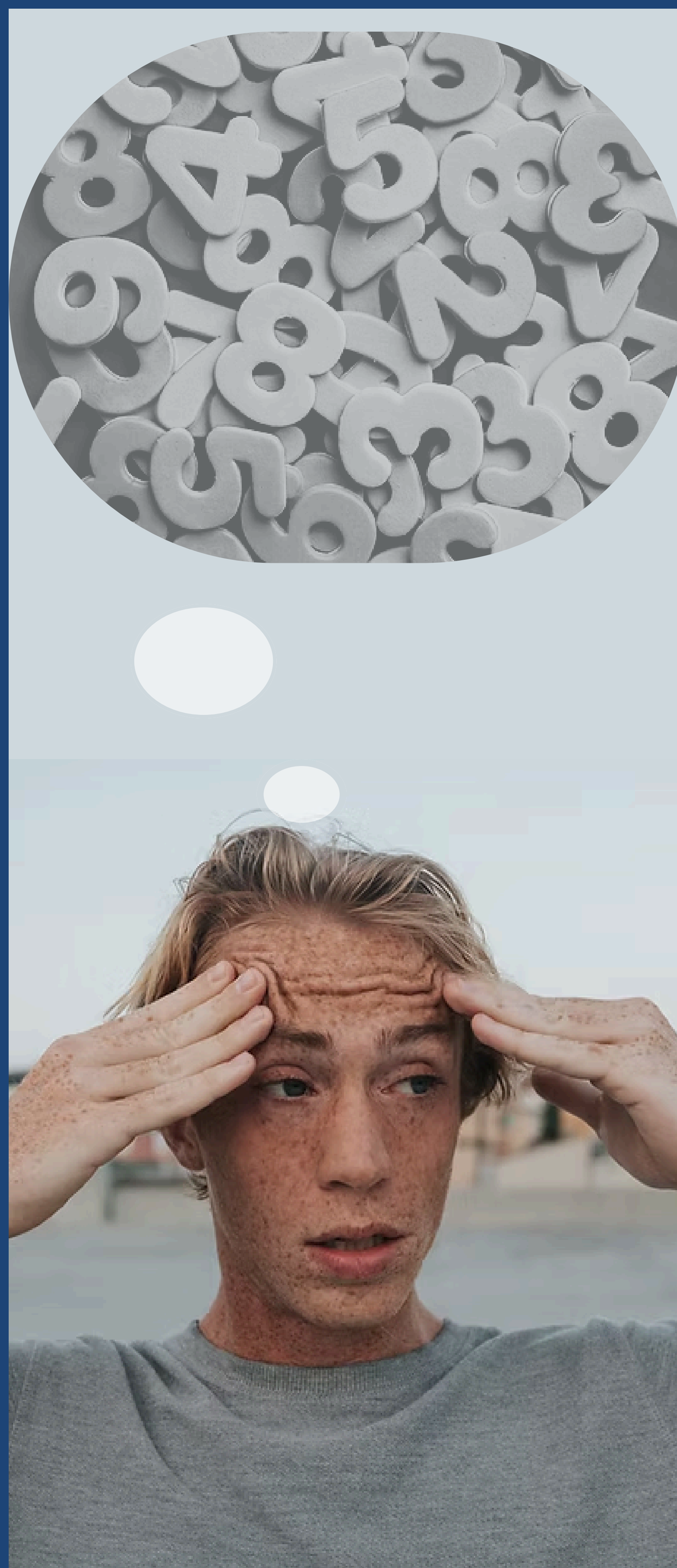
How It Affects Lives

According to the Child Mind Institute, individuals with dyscalculia may face a variety of challenges, such as difficulty recognizing, remembering, and using numbers — even in everyday situations like recalling a zip code or phone number. They may struggle with counting money, understanding time and direction, or using numbers throughout daily life. When dyscalculia goes unrecognized or undiagnosed, individuals often experience repeated difficulties with math-related tasks in school, which can lead to negative academic experiences, fear of failure, and lower self-esteem.

What Support Looks Like

Dyscalculia can be identified through a series of assessments. One common method is a standardized test that measures a student's math performance to determine if it falls below age or grade level. Additional cognitive and academic tests can pinpoint specific areas of difficulty, while clinical and psychosocial evaluations provide a fuller understanding of the individual's needs.

Teachers can play a key role in supporting students with dyscalculia. Repetition is essential, and instruction should be broken down into manageable steps that match the student's level of understanding. Educators should minimize tasks that involve copying, present math problems in multiple formats, and use tools or strategies that aid focus—such as providing headphones for students who benefit from reduced distractions.



For more information about Oppositional Defiant Disorder, please research the following websites:

[OrbRom Center](https://orbrom.com/understanding-dyscalculia-guide-for-parents-teachers/)

<https://orbrom.com/understanding-dyscalculia-guide-for-parents-teachers/>

[Life Works Schools](https://lifeworksschools.com/blog/what-is-dyscalculia-a-guide-for-parents/)

<https://lifeworksschools.com/blog/what-is-dyscalculia-a-guide-for-parents/>



IN THE SPOTLIGHT: PEOPLE THAT INSPIRE



D'Anna Trevino
Market Street, Frisco, Texas

At Market Street Grocery on Dallas Parkway in Frisco, Human Resources Manager D'Anna Trevino is making a difference through inclusion and opportunity. She is known for hiring individuals with exceptionalities based on their unique skills and interests, working closely with local 18+ programs to provide job training and often offering employment to students once they complete their programs.

One of Market Street's core principles is treating each other like family—and under D'Anna's leadership, that value truly comes to life. She places individuals in roles where they are surrounded by coworkers who support and believe in them, creating a workplace that feels both empowering and welcoming.

For D'Anna and Market Street, cultivating an inclusive workplace isn't just the right thing to do—it's essential. Inclusion brings greater diversity, collaboration, and productivity. For the individuals she hires, it means more than just a job: it builds social connections, boosts confidence, enhances skills, and promotes independence.

D'Anna Trevino is an inspiring example of leadership with heart. She not only recognizes the potential in every person but also provides the opportunity for them to contribute meaningfully to their community—helping each individual feel valued and proud of the mark they leave on the world.



Be A Beacon of Hope: Ways You Can Help

There are many ways you can help, whether you have time, resources, or simply the desire to make a difference. Every act of kindness, no matter how small, matters to the families and individuals we serve.

Volunteer: Your time and energy are a gift.

Spread the Word: Share this newsletter and help raise awareness in your community.

No matter how you choose to get involved, know that you are making a direct impact on the lives of families who have often felt forgotten. You are helping us affirm the individuals and their families that they are not on this road by themselves, and their presence and their voices truly make a difference.



Fall Highlights



This fall has been full of meaningful moments, community connections, and celebrations of inclusion! The Not Forgotten 1st was honored to attend and partner with incredible organizations across the DFW area, continuing our mission to uplift individuals with exceptionalities and their families. From resource fairs and social events to fundraisers and collaborative meetings, each gathering strengthened the bonds within our community and reminded us of the power of working together.

One special highlight was the Sneakers & Spaghetti Fall Social, hosted by The Potter's House Dallas' Capable Minds, Hearts & Hands. During this inspiring event, The Not Forgotten 1st was honored with the Knowledge Is Power Award in recognition of our ongoing efforts to spread awareness, support families, and champion inclusion for all. We are deeply grateful to Dr. Demetrice Smith and her incredible team for this acknowledgment, and we are grateful for every opportunity to make a positive impact alongside such dedicated community partners.



Fall Highlights

Below are more of the wonderful events we've had the privilege to attend or host this season:

- **Dominique Cares Black Tie Masquerade Sneaker Ball for a Cause**
- **TNF1st Focus Dinner Meeting**
- **The Arc of DFW's Putts for Progress**
- **Project Care: Teens Can Build Showcase**
- **United Rocks Masquerade for Limitless Possibilities**
- **Positive Police Encounters (hosted by Stonebriar Community Church and Retired Sergeant A.D. Paul)**
- **Fall Fun Resource Fair (hosted by Centria Autism, Autism Academy, and Hanks Friends)**
- **St. Timothy Christian Academy's Resource Fair**



Community Events

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The Intellectual
and Developmental
Disabilities Council
of Tarrant County

Learn About Advocates for Special People, Inc. & The Clubhouse for Special Needs

📅 Thursday, November 6, 2025

🕒 9:00am-10:30am

📍 MHA Lone Star Room/MHMR Building, 3136 W 4th St, Fort Worth, TX 76107, USA

🌐 www.iddcouncil.org

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The Arc
DFW Area

A Look Ahead


📅 Saturday, November 8, 2025

🕒 9:00am-2:30pm

📍 313 North Center Street Arlington, TX 76011

🌐 thearcofdw.app.neoncrm.com

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Champion of the Year: North Texas

📅 Friday, November 21, 2025

🕒 6:00pm-10:30pm

📍 1108 Quaker Street Dallas, TX 75207

🌐 www.bestbuddieschampion.org

Awareness Month

Celebrating Awareness and Inclusion: September & October Highlights

As we move through the fall season, *The Not Forgotten 1st* celebrates the many awareness months that remind us of the importance of understanding, inclusion, and community. September and October shine a spotlight on several meaningful causes—each one representing individuals whose unique strengths and stories enrich our world.

September is Deaf Awareness Month, a time to celebrate Deaf culture, language, and identity while promoting accessibility and equal opportunities for the Deaf and hard-of-hearing community.

October brings multiple awareness observances that highlight diversity in abilities and learning. **Disability Employment Awareness Month** honors the contributions of employees with disabilities and encourages inclusive workplaces that value everyone's talents. **ADHD Awareness Month**, **Down Syndrome Awareness Month**, and **Dyslexia Awareness Month** each help us understand different ways people think, learn, and experience the world—reminding us that inclusion means seeing ability, not limitation.

Together, these observances encourage us to continue building a community where everyone feels valued, supported, and empowered to reach their full potential. At The Not Forgotten 1st, we believe awareness leads to understanding, and understanding leads to action. This month, let's celebrate differences, share knowledge, and continue making space for every voice to be heard.



Always Here For You

Hello Friend,

As the seasons change, I've found myself reflecting on the power of hope — and how it often shows up in the smallest, most unexpected moments. In a world that can feel uncertain and ever-changing, hope is what anchors us. It reminds us to look for light in simple joys, to celebrate progress in all its forms, and to hold onto moments that renew our spirits.

Recently, I had one of those moments watching my son at United Rocks. He decided to try rock climbing for the first time. It may have lasted less than 30 minutes, but in that short time, he did something outside his comfort zone. That moment was more than just a fun activity; it was a win. A win that fills my heart with hope. Because when challenges come or change feels far away, I can pull up that memory, and it embraces where I am and brings the sunshine I need to keep moving.

These are the moments that sustain us — the quiet victories, the smiles after trying a different task, or the courage it takes to take one step forward. As families and friends walking this journey together, we can continue to lift each other up, celebrate one another's achievements, and remind each other that we are never alone.

And as a community, we can continue to support one another and find hope by:

- Creating opportunities for connection. Whether it's organizing a simple family meet-up, joining a local support group, or volunteering at an inclusive event — every connection reminds someone that they belong.
- Celebrating every win. Share those moments of courage, joy, or growth. Our stories can spark encouragement in someone else's heart.
- Exploring something new together. Trying a *new* activity, visiting a *new* place, or learning a *new* skill can open doors to confidence, laughter, and discovery — for both our loved ones and ourselves.

Every act of kindness, every shared smile, every step forward — they all matter. Together, we create community. Together, we hold onto hope. And together, we keep finding light — one joyful moment at a time.

Always here for you,

Portia

“May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.” — Romans 15:13 (NIV)

Thank you for reading!

THE NOT FORGOTTEN 1ST

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