

Announcing The Arc at Market Street Bakery Training Program

We are pleased to announce the beginning of our Bakery Training Program. This opportunity for people we serve will be offered at The Arc at Market Street. The program is an intensive 13 week course designed to provide participants with all the basic skills necessary to pursue gainful employment in a commercial kitchen or bakery. Participants will utilize The Arc at Market Street's gluten-free kitchen. The kitchen will prepare people for working in the Frederick community.



The Bakery Training Program is facilitated by Chef Scott Guarino, The Arc's Culinary Programs Manager. Chef Guarino brings over twenty years of experience working in fine dining and has brought his considerable skills and experience to The Arc at Market Street to provide a safe and enriching learning environment for people we serve.

Our inaugural class is over halfway through their session and they have prepared many delicious baked goods such as breads, cookies, scones, cakes, and éclairs just to name a few. But individuals aren't just learning how to make and enjoy baked goods. Every day they are practicing a number of skills ranging from proper storage and organization to portion control and measurements. Participants are perfecting the skills necessary for a fruitful career in a commercial kitchen. Cody Small, a program participant said that he was glad he had the chance to learn about kitchen safety.



Cody went on to say, that so far his favorite thing to bake has been brownies but he is very excited to learn about and make doughnuts. After he completes the program, Cody hopes to get a job working in a kitchen. The skills he will learn will go a long way in helping him and his Support Coordinator collaborate to meet his employment goals.

The Arc at Market Street is just beginning its new janitorial program as well, and we look forward to informing you about the development of future programs.

25th Anniversary of the Americans with Disabilities Act

July 26, 2015 marks the **25th Anniversary of the Americans with Disabilities Act (ADA)**. The ADA and the ADA Amendments Act of 2008 (ADAAA) give civil rights protections to individuals with disabilities similar to those provided to individuals on the basis of race, color, sex, national origin, age, and religion. The ADA and ADAAA also assure equal opportunity for individuals with disabilities for access to businesses, employment, transportation, state and local government programs and services, and telecommunications.

The ADA was the world's first comprehensive declaration of equality for people with disabilities. It was a collaborative effort of Democrats, Republicans, the legislative and the executive branches, federal and state agencies, and people with and without disabilities.

The ADA has expanded opportunities for Americans with disabilities by reducing barriers and changing perceptions, and increasing full participation in community life.

Courtesy of the ADA website at: http://www.ada.gov/ada_25th_anniversary/index.html

Special Needs Trust Presentation

Thursday, July 23rd Tia Marsili, Trust Director from The Arc of Northern Virginia, will be in Frederick to do a presentation about Pooled Supplemental Needs Trust Program through The Arc of Northern Virginia from 10:00-11:30 AM at The Arc of Frederick County's location on Research Court. Individual appointments available.

Please contact Jean Doyle or Anjela McNally for more information at:
301-663-0909 x115 and x153 respectively.
Or email at jdoyle@arcfc.org or amcnally@arcfc.org

Volunteering with The Arc

The Arc of Frederick County appreciates our volunteers. In the past year, we had over 5,000 volunteer hours! We would love for you to be a part of our volunteer team! We have numerous opportunities for you: our monthly Parents' Day Out Program, assistance with fundraising events, or we can match you one to one with someone and you can volunteer on a schedule that works for you. We even have opportunities for sharing your skills and talents in a group or individual environment with people we support (e.g., cooking, budgeting, knitting).

If you are interested in volunteering, please contact Shauna Mulcahy at The Arc:

smulcahy@arcfc.org; 301-663-0909 ext 140.

Development

Shauna Mulcahy, Development Director • 301.663.0909 • ext. 140 • Smulcahy@arcfc.org

2015 Princess Party

On Tuesday, August 11th from 6:30 PM to 8:00PM The Church of Jesus Christ of Latter-Day Saints (1811 Latham Drive Frederick, MD) will be hosting the 6th Annual Princess Party for individuals served by The Arc. All girls under 16, their sisters and friends are welcome.

There will be food, games, a nail and hair boutique, and of course, princess costumes are encouraged.

To RSVP please contact Shauna Mulcahy by July 29th at: 301-663-0909 X140 or Smulcahy@arcfc.org



Thanks To Our Contributors

Honorary Contributions— Lily Fangmeyer
St. John's First Grade

Memorial Contributions— Anne Stockman
George B. Delaplaine
Helen Schley
Juanita Warfield

Contributions
Mount St. Mary's University
The Muse
National Council of Jewish Women
Mr. William J Papproth
Ms. Robin Roux
Whittier Elementary School

Membership— New
Ms. Harvetta Asamoah
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Membership— Renew

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Ms. Marily C. Zekaria

Thank You



620A Research Court
Frederick, MD 21703

www.arcfc.org

301.663.0909

July/August 2015

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Calendar of Events

*Group meetings take place
at The Arc unless otherwise noted.
FMI 301.663.0909*

Brain Injury Support Group

July 2 & August 6 @ 6:30 PM

Parents Day Out

July 18 @ 10 AM

Parent Support Group

July 8 & August 12 @ 11:30 AM

Hispanic Family Support Group

July 25 & August 15 @ 2 PM

Healthy Relationships Support Group

July 14 & August 11 @ 6:30 PM

Sibshop

June 7th @ 10 AM

At "Pump It Up!"

Working Together

August 19 @ 3:30 PM

C. Burr Artz Library

Working Together Picnic

July 15 @ 5-7PM

At Staley Park

Special Needs Trust Presen- tation by The Arc of NVA

July 23 @ 11AM

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Achieve with us.