



620A Research Court
Frederick, MD 21703
www.arfc.org
301.663.0909

September/October 2015

Calendar of Events

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

Brain Injury Support Group

September 3 & October 1
@ 6:30 PM

Parents Day Out

September 19 & October 17
@ 10 AM

Parent Support Group

September 30 & October 28
@ 11:30 AM

Hispanic Family Support Group

September 19 & October 17
@ 2 PM

Healthy Relationships Support Group

September 8 & October 13
@ 6:30 PM

Sibshop

September 26 & October 31
@ 10 AM
At "Pump It Up!"

Working Together

September 23 & October 21
@ 3:30 PM at C. Burr Artz Library

Futures and Estate Planning Letter of Intent Presentation

September 8 @ 6:30PM

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The Link

September/October 2015

Inaugural Bakery Program Graduation

For thirteen weeks, apprentices in Marcia's Bakery Training Program have flourished as they learned skills to equip them for employment in the culinary field. On August 14, their accomplishments were celebrated at a graduation ceremony where trainees announced their plans for employment. "Over the course of their studies we have been experimenting with a variety of recipes," explained Scott Guarino, the Culinary Program Manager for The Arc at Market Street. "With hard work, happy mistakes, and some luck I believe we have a great product that people will love to buy and enjoy eating and sharing with their family."

Graduates Cody Small, Daniel VanNess, Troy Jones, and Bret Brennan were joined by over 30 guests who attended the graduation. Perfecting recipes, learning professional kitchen etiquette, creating menus, and other culinary skills were mastered.

The training program is not the final stop for students. The graduates are pounding the pavement to secure jobs.

Troy Jones is working in the Meat Department at Weis Markets. "I loved the bakery program," Troy explained when reminiscing on the time he spent learning new skills to equip him for the workforce.

Daniel VanNess has applications out to several businesses and will be returning to Frederick Community College this fall. He is excited to add employment to his college studies.



Cody Small is a Food Service Associate at Brunswick Middle School. In addition to him obtaining his job, he is also working within a bike ride's distance from his home. When asked, Cody said, "The Bakery Program helped me get my dream job." Having a job in his community is a great step towards furthering his independence.



Bret Brennan will be adding working at Waverley Elementary School as a Food Service Associate to his already busy schedule that includes working at Fountain Rock Park and Nature Center as a Host and Animal Care Specialist.

In September, Marcia's Bakery Training Program will begin a second round of training. The new culinary apprentices will be trained at The Arc at Market Street in preparation for employment in the Frederick community.



Achieve with us.

Join Us

The Arc of Frederick County is pleased to announce the launch of The Community Supported Gluten-Free Bakery, featuring Items from Marcia's Bakery at The Arc at Market Street.

The Community Supported Bakery is an opportunity for members of the community to become members and pick up weekly packages of baked goods and breads over a twelve week period prepared by individuals with developmental disabilities participating in The Arc's Bakery Training Program.

There are a number of different subscription packages available ranging from \$10 to \$38 per week. Membership prices are prorated based on the when a membership is purchased during the twelve week period.

For more information on the Community Supported Bakery please visit us at:

www.marciabakery.com
Or contact Beate Frankel at:
bfrankel@arcfc.org or 301-663-0909 x210

Fact Sheet Spotlight

The Arc of Frederick County has many fact sheets available for your use which can be located at: <http://arcfc.org/resources/factsheets.html>

A fact sheet parents may find particularly useful this time of year is the IEP Meeting Checklist.

SibShops 2015-2016

Sibshop will be starting soon!
Ages 5-11 years from 10:00am – 1:00pm
Schedule for 2015-2016:

September 26	February 20
October 31	March 19
November 14	April 16
December 12	May 14
January 9	June 11

Location is to be determined. If you would like to register your child or have questions, please contact chough@arcfc.org or 301-663-0909 x136.

Opportunities

MD Sibs 2015 October 17, 2015 – Hilton BWI Airport

Join MD Sibs 2015 for a one-day conference which will provide families an opportunity to learn about the unique relationship siblings have with their brother/sister who has a developmental disability. Family members, people with developmental disabilities, providers and especially Siblings 17 years and younger will benefit by attending. For more details, go to: <http://www.mdsibs.com/>

A group from The Arc will be attending. If you have questions about transportation, please contact chough@arcfc.org or 301-663-0909 x136.

Thanks To Our Contributors

Honorary Contributions- Margaret Watcher's 90th Birthday
Sam and Mary Jane Roop

Becky and Paul Smock
St. Peter's Catholic Church

Aaron Stephens
Judy R. Stup
Renee Twigg
Barbara Wyatt

Memorial Contributions- Gerald Ford

Family of Mary Ford Shankle
Janie Dressler and Family
Mike Shankle and Family
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Joe and Carolyn Green
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Bruce Spates
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Mr. and Mrs. Oney P. Smith

Memorial Contributions- Joe D'Andrea
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Contributions

Evangelical Lutheran Church
Holy Family Catholic Church
Mount Pleasant United Methodist Church-
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Robin Roux

