



620A Research Court  
Frederick, MD 21703

[www.arfc.org](http://www.arfc.org)  
301.663.0909

July/August 2016

### Calendar of Events

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

#### Brain Injury Support Group

August 4  
@ 6:30 PM

#### Parents Day Out

July 18  
@ 10 AM

#### Hispanic Family Support Group

July 15 & August 20  
@ 4 PM  
@ "Pump it up!"

#### Ice Cream Social

July 21 @ 4PM  
@ The Arc at Market Street

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The Link

July/August 2016

# City Police Trainings



This past spring, staff from The Arc of Frederick County partnered with self-advocates to conduct trainings for the Frederick City Police Department on the inclusion of people with developmental disabilities in our local community.

The training offered to the Frederick City Police Department was interactive and covered topics such as the unique characteristics of specific disabilities, real life scenarios that included responding to the needs of people with disabilities, and lessons and discussions on the fundamental rights of people with developmental disabilities, among others. Each topic was presented by self-advocates and Arc staff.

The conclusion of each training included a panel discussion of local self-advocates. The panel shared their stories from their lives, answered questions from officers, and provided tips as to how law enforcement can best support people with intellectual and developmental disabilities.

The trainings implemented the goals of the Governor's Commission for Effective Community Inclusion of Individuals with Intellectual and Developmental Disabilities. The Commission was established to develop and recommend policies, guidelines, and best practices for law enforcement and first responders to follow in situations involving people with intellectual and developmental disabilities. As part of the Commission, The Ethan Saylor Alliance requires that self-advocates take a central role in educating and training public service entities.

The Ethan Saylor Alliance was strengthened during the 2016 Maryland Legislative Session by the passing of the Ethan Saylor Alliance for Self-Advocates as Educators – Community Inclusion Training Oversight. The legislation, introduced by Delegate Carol Krimm, requires that training content and the monitoring of the implementation of objectives and curriculum be reviewed at least once every four years or more frequently if requested by the police training commission.

The Arc and local self-advocates look forward to partnering with the Frederick City Police Department to create inclusive communities in Frederick County.

## OOPS!

The Arc of Frederick County made an error in our last edition of The Link when we mistakenly did not include Delegate Carol Krimm in our 2016 Legislative Thank You. As Delegate Krimm is an important champion for people with developmental disabilities and others in Frederick County, many people pointed out this error to us. The Arc apologizes and, of course, would like to thank Delegate Carol Krimm for her advocacy and partnership!

## Marcia's Bakery Update



We're excited to announce that on a weekly basis, we will be selling a few gluten-free baked goods from Marcia's Bakery. These are for pre-order only.

Items can be purchased online by Monday of a given week for a pick-up on Thursday or Friday that week at Charlotte's Coffee House. (555 South Market Street, Frederick, MD 21701)

The menu will change every week.

Please visit [www.marciabakery.com](http://www.marciabakery.com) to view the items under the "order now" tab.

If you would like to place an order that exceeds \$50.00 or have questions, please contact Beate Frankel at: 301-663-0909 x134 or [Bfrankel@arcfc.org](mailto:Bfrankel@arcfc.org)

## Charlotte's Coffee House



The Arc's 555 South Market Street location is now home to Charlotte's Coffee House. Brewing Baltimore Coffee blends and serving a variety of freshly made sandwiches and lunch time snacks, guests can stop in Tuesday through Friday between the hours of 10:00 AM and 2:00 PM.

Charlotte's Coffee House's design allows customers to choose their mood and purpose as they get their caffeine fix and lunch time fill-up. We invite you to find your pleasure at Charlotte's Coffee House.

To order ahead, please call: 240-405-4731. We look forward to seeing you there!



## Development

Shauna Mulcahy, Development Director · 301.663.0909 · ext. 140 · [Smulcahy@arcfc.org](mailto:Smulcahy@arcfc.org)



### The Unity Campaign for Frederick County

The Arc of Frederick County is a participating nonprofit in The Unity Campaign for Frederick County. From September 14<sup>th</sup> through September 25<sup>th</sup>, you can make a donation and designate The Arc of Frederick County. Donations made during this timeframe will be matched (your donation will be doubled)! You can learn more about The Unity Campaign for Frederick County by visiting: [www.unityfrederick.com](http://www.unityfrederick.com). Please consider making a donation to The Arc of Frederick County and The Unity Campaign starting on September 14<sup>th</sup>.

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