



[www.arcfc.org](http://www.arcfc.org)

## The Link

January/February 2015

# The Arc At Market Street Construction Update

The Arc is paving the way for new and exciting services as renovations continue at The Arc at Market Street. The colorful exterior stands out and piques the community's interest as people pass by 555 South Market Street. The interior is being completely repainted and new flooring is being installed. French style window panes frame the shops that will be operated by people with disabilities or be run by businesses that employ people served by The Arc. We are excited as the work on The Arc's new space continues.



In addition to the building itself, our baker is busy perfecting his recipes for the gluten-free bakery.

The date of The Arc at Market Street's grand unveiling in the spring, will be announced soon. Please visit our brand new website for The Arc At Market Street at <http://www.thearcatmarketstreet.org/> to be a part of the process of opening up The Arc at Market Street.



# Arc Awareness

## ABLE Act

Many of you have been hearing the latest news about The ABLE Act, which stands for Achieving a Better Life Experience Act. The ABLE Act was passed by both the House of Representatives and by the Senate. The bill is now waiting for President Obama's signature to become a law.

The ABLE Act allows disabled persons and their families to contribute to a tax-advantaged savings account worth up to \$100,000 without losing any federal benefits. An ABLE Act savings account will not take the place of a Supplemental Needs Trust, but it will create another financial tool to enable individuals with disabilities to plan for a more independent, enriched future. Withdrawals from the savings account will not be taxed or counted as excess resources, as long as the money is spent for education, housing, health care or other life-long expenses not covered by Medicaid and federal disability benefits.

Allowable expenditures would also include employment training and support, assistive technology and personal support services, financial management and administrative services, legal fees, and expenses for oversight and monitoring, funeral and burial expenses. Qualified ABLE programs must be established by a state, or by an agency or instrument of the state. Annual contributions to ABLE accounts by families are allowed, up to \$14,000 a year, tax free.

The tax-deferred accounts would be similar to 529 plans, which allow families to set aside money for their children's college costs through tax-advantaged savings accounts. The ABLE Act is very close to becoming a reality. We will be keeping a close eye on the progress the Bill makes, as well as to how this new savings program can be used for Future and Estate planning by families and individuals we serve.

## Getting Connected

At The Arc we are always looking to connect with families and individuals in various capacities. To this end, we facilitate and offer many different monthly meetings and groups for individuals we serve and their families. Some are informational, while others are designed around respite and emotional support.

For example, to help parents who are looking to connect with other families and learn about services, The Arc offers a monthly Parent Support Group that meets over lunch. The Frederick Chapter of the Autism Society of America meets monthly at The Arc to share resources and provide training. For families who speak Spanish, a monthly support group is coordinated through The Arc's Hispanic Outreach services. A monthly Transitioning Youth Support Group meets to assist students and families with making important connections and meeting deadlines that are crucial during the transition from school to work, college, and the adult world. Additional resources that are available to Frederick families include a monthly Parents' Day Out program, Sibling Workshops, and individual assistance in establishing Futures and Estate Plans.

If any of these programs sound interesting please feel free to contact us for more information at 301-663-0909 and request the extension listed below.

- **Lunch Time Parent Support Group – Amy Schlitzer x 129**
- **Transitioning Youth Support Group – Rosie Marr x 145**
- **Autism Society of America – Corby Fowler x 117**
- **Hispanic Outreach – Alina Oliva x 139 or directly in Spanish at (301) 663-4449**
- **Parents' Day Out – Diana Martin x 124**
- **Sibling Workshops – Colette Hough x 136**
- **Futures and Estate Planning – Jean Doyle x 115 or Anjela McNally x 153**
- **Brain Injury Support Group—Anjela McNally x 153**
- **Healthy Relationships— Valerie Todd x 144**

# Development

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

## 30th Annual Trivia Playoff!



This year's Trivia Playoff will take place on Friday, March 20th at **All Saints Episcopal Church** (106 West Church Street, Frederick, MD 21701). Break out those leg warmers! Join us for an 80's themed evening of trivia. This year our event sponsor is Frederick County Bank. Registration is available online ([www.arcfc.org](http://www.arcfc.org)) or by calling Shauna at 301-663-0909 x140. A team of 3 can join in trivia fun for \$180.00 (includes game play, 2 game passes, dinner and beverages for the evening). We look forward to seeing you on March 20th!

## Thanks To Our Contributors

### Car Donations

Ms. Mary Morgan

### Holiday Appeal Contributions

Amber Hill Physical Therapy  
American Legion Post 168  
Dr. and Mrs. Joseph Ashwal  
Mr. Donald Beall  
Mr. David Beeson  
Mr. Edwin H. Broadwater  
Mr. and Mrs. David Lloyd Burgener  
Ms. Sandra D. Coblentz  
Ms. Agnesanna Danehey  
Ms. Denise M. Dorsch  
Ms. Jean Ehlman  
Family Heritage Trust Company  
Ms. Elizabeth A. Fisher  
Mr. Fred Genau, Jr.  
Mr. and Mrs. Gail T. Guyton  
Mr. Ronald L. Hartman  
Mr. and Mrs. William L. Haugh Jr.  
Mr. John Holloway  
Ms. Joann F. Horne  
Ms. Stella Fields Jordan  
Mr. Daniel Kecman  
Ms. Frances M. Keilholtz  
Col. Ronald G. Kelsey, USA (Ret)  
Mr. Grant A. Kelsey  
Mr. and Mrs. Kellee J. LaCount  
Mr. and Mrs. Edmund W. Law  
Ls Fuel Oil  
Mr. Lewis C. Maddox  
Ms. Kimberly J. Malone  
Ms. Constance L. Martin  
Mr. David Menendez

Ms. Desiree Merritt  
Ms. Shauna Mulcahy  
Mr. C. Rodman Myers  
Providence UM Church  
Mr. and Mrs. Clarence R. Reeder  
Dr. Marie P. Reeves  
Mr. J. Zachary Reeves  
Mr. John J. Schoenig, Jr.  
Ms. Delores Shackelford  
Mr. and Mrs. Oney P. Smith  
St. John's Catholic Church  
Mr. and Mrs. Lawrence J. Sullivan  
Mr. H Thomas Summers  
Ms. Rita M. Vasold  
Mr. and Mrs. Arthur V. Vento  
Drs. Chester and Mary Jane Wagstaff  
Mr. and Mrs. Gregory C. Wasserbach  
Ms. Rebecca Hahn Windsor  
Zavos Architecture and Design, LLC  
Mr. and Mrs. Hans Zeigler  
Ms. Marilyn C. Zekaria

### Honorary Contributions— Joanna Pierson

Sean Garwood

### Honorary Contributions— Shauna Clay

Danielle Joy

### Memorial Contributions— John Patrick Glynn

Eric Nicastro  
Robert Zielinski and Matt Kattic

### Contributions

Mr. And Mrs. Gordon M. Cooley  
Dancing Bear Toys, Inc.  
Holy Family Catholic Church

Mount Pleasant United Methodist Church  
Mr. William J. Papproth  
The Joseph D. Baker Fund, Inc.  
Maximus Foundation

### Membership New

Ms. Sofia Khan

### Membership Renew

Ms. Albertine H. Baker  
Guy and Denise Berry  
Mr. William A. Borowski, Jr.  
Ms. Julie M. Byrd  
Mr. David English Carmack  
Mr. and Mrs. Clyde C. Crum  
Ms. Judith M. Drum  
Mr. Michael Glick  
Mr. and Mrs. R. K. Gruodis  
Dr. and Mr.s Robert S. Hughes  
Ms. Mary F. Jack  
Jefferson United Methodist Women  
Ms. Sandra L. Johns  
Mr. and Mrs. Dennis Kieft  
Ms. Kathy A. Laky  
Ms. Shiela R. Lippold  
Carla and Gordon Lyon  
Mr. and Mrs. George P. Needle  
Mr. J. Zachary Reeves  
St. Francis Catholic Church  
Mr. Aaron Stephens  
Mr. James D. Summers and Ms. Elanor Williams  
Whitesell Pharmacy

Contributions as of December 24th, 2014



620A Research Court  
Frederick, MD 21703

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

January/February 2015

## Calendar of Events

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

### Executive Committee

Feb 9 @ 5:30 PM

### Human Rights Committee

Feb 2 @ 6 PM

### Brain Injury Support Group

Feb 5 @ 6:30 PM

### Parents Day Out

Jan 17 & Feb 21 @ 10 AM

### Parent Support Group

Feb 11 @ 11:30 AM

### Hispanic Family Support Group

Jan 17 & Feb 21 @ 2 PM

### Healthy Relationships Support Group

Feb 10 @ 6:30 PM

### Sibshop

Jan 17 & Feb 7 @  
10 AM- 1 PM At "Pump It Up!"

### Working Together

Jan 21 @ 3 PM  
Taney Village Apartments

### Transitioning Youth Parent Support Group

Jan 28 & Feb 25 @ 5:30 PM

## Board of Directors

Michael Shank  
*President*

Lisa Anstine  
*Vice President*

Emily Bizzarri  
*Treasurer*

Kathy Laky  
*Secretary*

Cindy Kopciak  
*Past President*

Wendy Andrews  
Carol Debow  
Lilliana Galvan  
Grant Kelsey  
Adriana Toro



[thearcofffrederickcounty.blogspot.com](http://thearcofffrederickcounty.blogspot.com)

NONPROFIT ORG.

U.S. Postage

PAID

Frederick, MD

Permit No. 155

*Return  
Service  
Requested*



*Achieve with us.*