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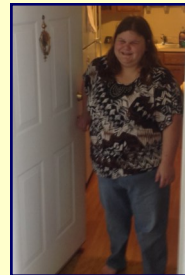
Link

www.arcfc.org

The Arc of Frederick County

November/December 2013

Celebrate Good Times



Support Coordinators from The Arc were happy to partner with people and families we serve to thank their Job and Residential Coaches at our annual Staff Appreciation Picnic. The evening was a way for people to publically acknowledge the direct staff who help them live in and be meaningfully involved in their community, provide job coaching, and give respite breaks for primary caregivers.

Many people served by The Arc have also been recently commended for their successes and contributions in their communities. In October, Kim was recognized by The Frederick County Board of Commissioners for completing over 1,800 hours of community service. This will be the seventh year Kim has volunteered at Thurmont Elementary School where she supports both classroom and administrative duties.

Sandy, a woman served through The Arc's Employment and Residential Services, recently became a home owner. With assistance from her parents, Support Coordinator, and other supports, Sandy set out to accomplish her goal of home ownership by obtaining a job, proving to be an outstanding employee, and learning new skills that will equip her for living in a home of her choice.

Patty and Pam, two people The Arc serves through our Employment Services, will celebrate their one year anniversaries with the Residence Inn by Marriott and Fairfield Inn this fall. And we are proud to announce that Bryan was recently hired at Catocin Popcorn Company. From supporting people who have worked at businesses such as Best Buy for many years to assisting people who are recently hired at jobs such as Giant, The Arc is happy to collaborate with people we serve and the Frederick community.



Arc Awareness



Self-advocates from The Arc of Frederick County and Working Together were delighted to attend The Arc 2013 Convention on October 18th. The convention was held in Linthicum Heights, and included self-advocates, families and staff from all over Maryland.

Convention participants began the day by exploring the group exhibits. Self-advocates were able to learn about various organizations and services offered for people with disabilities, speak with group representatives and even video record their own personal thoughts and stories on bullying. This was a wonderful opportunity for Working Together members to meet and network with other self-advocacy groups from around the state.

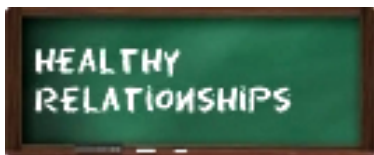
Self-advocates and Arc staff enjoyed the morning plenary session which included an inspirational speech by Dr. George Everly on the secrets of human resilience. Dr. Everly shared his own experiences with life struggles and his research on developing and utilizing resilience in the aftermaths of crises. Working Together members discussed the speech afterwards and agreed that we would work to be resilient in our efforts to lead independent lives and continue increasing advocacy for people with disabilities.

There were four tracks of breakout sessions for convention participants to choose from: one for families, self-advocates, professional staff, and board of directors. Working Together members opted to attend the sessions geared towards self-advocates, which included a presentation from People on the Go of Calvert County on how to develop and progress self-advocacy groups, a showing of Body and Soul followed by a discussion of living independently in the community, and a panel discussion with People First of Northern Chesapeake Region. Participating in the discussions helped Working Together members come up with a lot of great ideas on how to increase membership and their advocacy for people with disabilities in Frederick County. For example, the group will be creating and maintaining a Facebook page. Keep an eye out and be our friend! We will post updates on group activities, community involvement and upcoming meeting topics.

Overall, the day was informative, enjoyable, and we look forward to implementing all of the wonderful tips and strategies we learned for increasing advocacy throughout Frederick!



The Arc extends a thank you to Patrick Dooley, DDA Acting Director, for coming to visit our services on Thursday, October 24th.



Let's talk healthy relationships!

The Arc of Frederick County is hosting an educational support group called "Healthy Relationships." The group will meet monthly to discuss all topics related to friendships, relationships, health and sexuality. The next meeting takes place on December 10th and there is no cost to attend. Ages 25 and older are welcome. The group meets at The Arc of Frederick County, 620A Research Court, Frederick from 6:30-8:30 pm, the 2nd Tuesday of each month. For more information, please contact Valerie Todd at 301-663-0909 x 144 or vtodd@arcfc.org.

2014 Schedule

Jan 14
Feb 11
Mar 11
Apr 8
May 13
June 10
July 8



Development



Shauna Clay, Development Director · 301.663.0909 · ext 40 · Sclay@arcfc.org



Workplace Giving Campaigns are now underway and run through the end of November. To designate your donation to The Arc of Frederick County, please use the codes below. Many thanks for your support!

Combined Federal Campaign Designation

Code # 87793

Maryland Charities Campaign Designation

Code # 2450

Combined Charities Campaign

Code # 0104

With Our Thanks



The Arc of Frederick County would like to extend a huge thank you to everyone who supported us with Frederick 48 donations and our Online Auction! It is because of your incredible support that we were able to raise over **\$4,000!** The Arc of Frederick County appreciates the support of The Patty Pollatos Fund who provided matching donations towards Frederick 48.



- Gift Cards for area grocery stores (especially Weis, Wegmans, Giant)
- Gift Cards for Walmart
- Gift Cards for gas stations
- Gift Cards for local shoe stores
- Digital Clock
- Toaster Oven
- Paper Towels, Tissues, Napkins, Toilet Paper
- Household Cleaning Supplies
- Laundry Detergent, Dishwashing Soap
- Baby Wipes

Contact Shauna to donate.

To view the entire wish list, please visit us at www.arcfc.org.

Thank you!

Thanks To Our Contributors

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Bridget Patterson

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- Henry "Bud" Tribble, Jr.

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The Arc of Frederick County
 620A Research Court
 Frederick, MD 21703
www.arcfc.org
 301.663.0909

November/December 2013

Calendar of Events

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

Executive Committee

Dec 9 @ 5:30 PM

FRIENDS Support Group

At Middletown UMC, 301.371.7047

Dec 10 @ 7 PM

Parents Day Out

Nov 16 & Dec 21 @ 10 AM

Parent Support Group

Dec 11 @ 11:30 AM

Hispanic Family Support Group

Dec 21 @ 2 PM

Healthy Relationships Support Group

Dec 10 @ 6:30 PM

Sibshop

At Trinity U/M Church, Frederick

Dec 14 @ 10 AM

Working Together

At Toney Village Apartments

Dec 18 @ 3 PM

Transitioning Youth Support Group

Dec 18 @ 5:30 -7 PM

Board of Directors

Cindy Kopeiak
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www.arcfc.org



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