

Achieve with us.®

Winter 2017

Arc NEWSLETTER

*"For people with intellectual and developmental disabilities
and their families."*

Beta Sigma Phi Sorority presents

Valentine **SOCK HOP** 2017

Music by DJ Randy Haines

February 11th 7 to 9 pm

The Dalles Middle School



"Sock Hop" Costume Prizes

Refreshments Contests

Door Prizes

Raffle Items

Join the Fun! Family and Friends Welcome



Rich Williams, President
Ashley Johnson, V-Pres.
Ajay Rundell, Secretary
Rosa Fuss, Treasurer
Tracey Buchannon, Director
Darcy Long-Curtiss,
Director
Kelly Fork, Director
Cheri Divish, Director
Angela Thomlin, Director
Brad Divish, Director

FriendshipClubs

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Saturdays!

2nd Saturday—
Friendship Club at
the Mid-Columbia
Senior Center in The
Dalles at 1:00pm.

4th Saturday—
Friendship Club at
1102 12th Street in
Hood River at
1:00pm.



<http://www.arcmidcolumbia.org/>





Why Choose Work?

With a paycheck you will have more choices and be more independent. You can learn something new or teach others. You can also make some new friends.

To choose work, contact your Case Manager (CM) or Personal Agent (PA) and tell them you would like help finding a job!



Harvest Fest a Success!

Thank you volunteers for all your efforts in with our spectacular Harvest Festival Fundraiser! The weekend was a big success netting about \$3000.00 for the Arc's budget including our Respite and Special Needs Fund that helps many people. This is a wonderful event that is made possible only because of your generosity and support. We can't begin to express our gratitude in words.

On behalf of our board of directors and especially the people with disabilities whom we serve, thank you.

Respite Care Funds for Families

What is respite care? Respite care provides the opportunity for parents to take time away from the pressures of parenting in order to recharge their batteries, allowing them to return to their family feeling refreshed and ready to continue the journey.

The Arc can help provide funds to make this happen. How do you Apply? Please contact the Arc and a short application will be mailed to you. Applications will be approved on a first-come, first-served basis as long as our Fund lasts.

To apply for the fund, contact the Arc for an application.

Be the best care giver you can be!



Special Needs Fund (SNF) For People with I/DD

Is there an activity or event that you want to attend but just don't feel you can afford? Or something for your home that would make a big difference to you but doesn't fit into your budget?

The Arc has created this SNF in order to help you do something, or acquire something special that would otherwise not be affordable. The SNF Committee will consider requests ranging from \$10.00 to a maximum of \$400. Requests, for example, might be for a comfortable chair at home, tuition for a class, or help with attendance at a special event.

Donations from Arc members and friends pay for the SNF. We want to use the funds carefully. Help to any one individual is limited to once per year. To apply you must submit an application. All requests go to the committee for approval.

If you would like more information, need help, or would like a paper copy of the request forms, you can contact

Joe Carroll
1125 State Road
Mosier, Oregon 97040
Phone 541-980-5584
jcarroll@gorge.net



What can YOU DO?

- **Become a member.**
- **Make a donation to our organization.**
- **Be on the Board of Directors.**
- **Volunteer to be on a committee.**

Board meetings are held on the 2nd Tuesdays of the month starting at 6:30pm at the Mid-Columbia Senior Center in The Dalles. Join us to find out what you can do!



**The Arc of the Mid-Columbia Membership /Renewal Application
Individual or Family Membership is only \$10.00.**

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____

Email: _____

I wish to receive newsletter and information on events through email.

My relationship to persons with developmental disabilities:

Self-Advocate Sibling Friend Parent/Grandparent/Other Family

Service Provider/Other Professional Other _____

Check this box if you would like assistance with the cost of membership.

Please return this form to The Arc of the Mid-Columbia PO Box 521, The Dalles, OR 97058

Arc of the Mid-Columbia

PO Box 521
The Dalles, Oregon 97058

<http://arcmidcolumbia.org>

<https://www.facebook.com/TheArcOfTheMidColumbia>



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