

Achieve with us.®

Winter 2015

Arc NEWSLETTER

"For people with intellectual and developmental disabilities"

No more "spend down!"

Congress has passed the Achieving a Better Life Experience (ABLE) Act to give people with disabilities a chance to save money for things like medical and dental care, education, community based supports, employment training, assistive technology, housing and transportation.

An ABLE account is a tax-free savings account that allows you to save money from working without losing your eligibility for SSI, Medicaid and other public benefits.

The Arc will keep watching and pass on more information when it becomes available. Meanwhile start dreaming about things you might save for!

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



Dayna Davis, President
Vacant, Vice-President
Katie Maple, Secretary
Joe Carroll, Treasurer
Joyce Edmonds, Director
Jennifer Wellar, Director
Kelly Fork, Director
Justina Humphrey, Director
Kim Plummer, Director
Rosa Fus, Director
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Friendship Clubs...

on Saturdays!

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

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

New Board Director

We welcome Justina Humphrey to the Arc Board! She works as a site manager for Opportunity Connections in Hood River. Justina and her family have been actively helping with Arc functions for over 3 years. She brings to the Board a commitment to helping us expand our mission!



Justina



Winter Bowling Fun Returns!

The Arc is once again sponsoring Monday bowling and these events will be hosted by Robin and David McDonald at The Orchard Bowling Lanes in Hood River. The first on January 19 included over 30 people bowling. The upcoming dates for bowling are January 26th, as well as, February 2nd and 9th from 4:00pm—5:30pm. No need to sign up, just show up. A huge thank you to the McDonalds for helping with this event.

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.

Be the best care giver you can be!

Beta Sigma Phi Sorority Presents...

Winter Wonderland

A Valentine Evening of Dance for The Arc

Party music from the heart with DJ's the "2 Kathaleens."

Dress up, shine up and put on your dancing shoes. You are invited to the much-anticipated Winter Wonderland Valentine Gala, Saturday, February 14th, 7 to 9 pm at St. Peters Parish Center, The Dalles.

For the eleventh year the local Beta Sigma Phi Preceptor Alpha Epsilon chapter, a woman's sorority has partnered with the Arc to put on this popular Valentine event honoring you, your friends and families of The Arc-Mid-Columbia chapter.

The Arc provides supports and advocates for families and individuals of all ages with developmental and intellectual disabilities. This event is a time for all ages of talented and deserving individuals to shine and enjoy an evening of dancing, refreshments, good friendship and fun. The sorority will transform the St. Peter Parish Center into a special Winter Wonderland setting and provide a great evening of entertainment, including door prizes and raffles. This years event will have some super raffle items and nice gifts. All participants will be greeted with a corsage or boutonniere and a warm welcome at the door. The popular DJ "The Two Kathleens" will spin the tunes for your dancing entertainment. They will keep the family fun dance hopping with contests and award the trophies for best dressed. A selection of delicious refreshments and drink will be offered for your enjoyment. Individual or group photos will be available to take home as a remembrance of the night. The sorority's husbands, Arc board members and community volunteers will also be a part of the event. There is no charge for admission but donations are always appreciated.

This is a special evening of entertainment, dress up, bring your friends and family, come to The Dalles and join in the fun at Winter Wonderland, a Valentine Evening for The Arc. If you are interested in volunteering for this event or need more information call 541-478-2133.

www.arcmidcolumbia.org or check out the Arc Facebook page.

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>

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