

Achieve with us.®

Fall 2014

Arc NEWSLETTER

“For people with intellectual and developmental disabilities and their families.”

The Monster Ball is mummified!

October brings out the best in Arc members as we celebrate the annual Monster Ball. This year the Ball will be on Friday, October 24th from 7:00pm to 9:00pm at the Mid-Columbia Senior Center in The Dalles. Admission is donation based.

Dance and Halloween music will be provided by the Krazy Kathleens' so you can dance the night away. Come do the Chicken dance and try the limbo! How low can you go?

Dress up for the Costume contest and parade! Prizes will be awarded for the most original, prettiest, scariest, funniest and most authentic costumes. Door prize drawings will also be held during the evening. How lucky are you?

- Friday, October 24, 2013
- 7:00— 9:00 pm
- Mid-Columbia Senior Center
1112 W. 9th Street
The Dalles 97058



The Arc
Mid-Columbia

Vacant , President

Dayna Davis, Vice-President

Katie Maple, Secretary

Joe Carroll, Treasurer

Chris Mumford, Board Director

Rosa Fus, Board Director

Rich Williams, Board Director

Jennifer Wellar, Board Director

Kelly Fork, Board Director

Joyce Edmonds, Director

Kim Plummer, Director

Socials...on Saturdays!

1st Saturday— Community Connections Movies and Dances at 506 2nd Street in The Dalles from 1:00-3:00pm.

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

3rd Saturday— Community Connections Movies and Dances at 1102 12th Street in Hood River from 1:00-3:00pm.

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

Saturday events are sponsored by The Mid-Columbia Arc and Opportunity Connections.

Volunteers Needed at the Harvest Festival



Each year the Arc hosts the entertainment tent at the Harvest Festival held at the river front in Hood River to raise money for our many programs and activities. This year the event is on October 17-19, 2014. This is our biggest fundraiser and requires many volunteers. Volunteers receive a free pass to the event. If you can help please contact the volunteer coordinators Dean and Michelle Dollarhide at 541-298-3276 or through his StateFarm virtual office website at <http://www.deandollarhide.com>. A huge thank you to the Dollarhides and State Farm for supporting the Arc.

Respite Care is good for the whole family!



The Arc of the Mid-Columbia's Respite Care Fund offers up to \$200.00 to help pay for respite care each year to families with a child or adult with developmental disabilities living in the home. For more information or an application call Linda at 541-478-2133 or

email info@arcmidcolumbia. Please consider a donation to help our local families! Mail your donation to The Arc Respite Fund, PO Box 521, The Dalles, OR 97058. Thanks for caring!

Event Cancellations:

October 18, 2014 — Community Connect cancelled. This is Harvest Festival Weekend. All Arc Volunteers will be working the weekend fund raiser.

October 25, 2014— Friendship Club will be cancelled since we have the monster ball the night before.

Opportunity Connections has new 5 year plan!

The Board at Opportunity Connections, a local service provider for many people with intellectual disabilities, has approved some very big changes in services. These include no longer offering sub-minimum wage in a sheltered workshop setting. Their focus will be on employment services, helping those who wish to find work in their own communities. They will continue to offer personal life services such as residential homes and in home support. All of these changes will fit within their vision of maximizing potential for all people with disabilities. For more information you can contact Opportunity Connections at 541-386-3520.





Are you a ‘People First’ kind of person?

What is People First? People First are groups of self advocates who want others to know that they are people first, and their disabilities come second.

We would like to explore starting a People First Chapter in the Mid-Columbia. Some of the things this group could do is to speak up, and out for others. You can help exercise your rights as citizens. You can educate the public about the abilities and needs of all people and be involved in our community activities and events as a self advocate. The best part is, that this is a group of peers deciding what you would like to do in your community.

If you are interested in being part of a People’s First Chapter, please email Dayna Davis at daynamo@msn.com or contact an Arc team member and we will get your contact information to her.

The Mid Columbia Arc needs support from people like you! Look at the many ways you can give.

Give online through Charity of Choice to funds for specific activities like (see our website).

Connecting Events— Monies donated will provide many free social events for people with intellectual disabilities, their family and friends. Making new connections with people is the best part of life!

A Little Respite- The Arc of the Mid-Columbia is pleased to offer a little respite care help to family care-givers of children or adult children with developmental disabilities. Respite care is a gift of time to help the family care-giver renew his or her energy.

Give by mailing a check to PO Box 521, The Dalles, OR 97058

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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