

Achieve with us.®

Summer 2015

Arc NEWSLETTER

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

NEW! Special Needs Fund

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

Our goal is to make a difference in the life of some of our friends and neighbors with I/DD and promote their independence and quality of life.

The Arc Board has approved funds for Special Needs Requests that range from \$10.00 to a maximum of \$400.00. Only one request per person per year. All requests have to be approved by the Arc Committee overseeing the funds.

You can find the request forms on our website or write and ask for paper copies. Our address is PO Box 521 The Dalles OR 97058.

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



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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.

Just 1 Job for you!

Have you been thinking about going to work? Maybe you would like Just 1 part time job here in the Gorge! Contact your local Vocational Rehabilitation Office to get started.

Call the number below for both Hood River and The Dalles.

700 Union Street

**The Dalles OR
97058**

541-298-5573



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!

OREGON F.A.C.T.

Families and Communities Together

Do you have questions about transition, person centered plans, IEP's, ISP's or even how getting a job might affect your benefits? Systems can be overwhelming and no one is expected to face decisions alone.

The FACT office has many resources on their website or you can email them directly at info@factoregon.org. Or, If you prefer call toll free at 1-888-988-3228.

FACT Mission : Family and Community Together (FACT) is a family leadership organization for individuals and their families experiencing disability, working collaboratively to facilitate positive change in policies, systems, and attitudes through family support, advocacy, and partnerships.



What: A Community Picnic!

Date: Saturday, May 30, 2015

Time: Noon—2:00pm

Place: 2940 Thomsen Road, Hood River OR 97031

There will be games, food and fun! It will be a great opportunity to spend time with friends from all over the Gorge! Rich will BBQ his famous hamburgers and we will have ice cream sundaes for dessert. Play games and win door prizes! Don't miss out!

Directions: Take exit 64 from I-84. Follow I35 for about 5 miles then turn left on Fir Mountain Road then a right on Thomsen. Keep looking to the

Sponsored by the Arc and Opportunity Connections.

For more information call Katie at 541-386-3520 Ext 7003.

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

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