

Achieve with us.®

Winter 2016

# Arc NEWSLETTER

*"For people with intellectual and developmental disabilities"*



THE ARC VALENTINE DANCE

FEBRUARY 13, 2016  
ST. PETERS PARISH CENTER  
THE DALLES  
7-9 PM

Please come & enjoy the fun!

Refreshments & doorprizes  
RAFFLE

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



Rich Williams, President  
Ashley Johnson, V-Pres.  
Katie Maple, Secretary  
Joe Carroll, Treasurer  
Joyce Edmonds, Director  
Denise Welsh, Director  
Kelly Fork, Director  
Justina Humphrey, Director  
Cheryl Stampflee Director  
Rosa Fus, Director  
Chris Mumford, Director

**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.



The Arc



## 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!**



## Arc Winter Bowling is Back!



Starting on Monday, February 1st, The Arc will begin supporting winter bowling for individuals with developmental disabilities. Each week the bowlers will get 2 games paid for by The Arc. We should be able to continue for about 3 months or until mid April depending on the number of bowlers each week. We have budgeted \$1200.00 for the year.

Robbin and David McDonald will continue overseeing the events. So a big thank you to both of them.

The winter bowling is at Orchard Lanes in Hood River and is scheduled for every Monday from 4pm—5:30pm.

## 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 Katie Maple at : 541-386-3520 Ext 7003 or email her [kmaple@opportunityconnections.org](mailto:kmaple@opportunityconnections.org).



### 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>

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