

The Arc of Harrisonburg and Rockingham, Inc.

(formerly the Association for Retarded Citizens)

Serving Individuals with mental retardation and other developmental disabilities since 1962

The Arc Advocate

Volume 33, Issue 2

March/April 2006

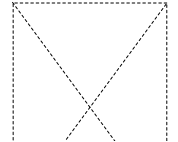
Important Dates:

- March - Mental Retardation Awareness Month
- Mar. 8 - SVAP Lunch Bunch, 11:30 AM, Simms Center
- Mar. 10 - Canteen Saint Patrick's Dance, 7:00 PM, Rec. Center
- Mar. 11 - Longaberger Basket Bingo to benefit Camp Still Meadows, 6:30 PM
- Mar. 11 & 12 Mental Retardation Sabbath/Sunday
- Mar. 16 - WINGS, 7:00 PM, First Church of the Nazarene
- Mar. 17 - Faith & Light Worship, 7:00 PM, Pleasant View
- Mar. 18 - JMU CEC Carnival 2:00 PM, Warren Hall
- Mar. 20 - The Arc Art Contest Reception
- Mar. 20 - The Arc Board Meeting, 7:00 PM, Simms Center
- Mar. 24 - Canteen - Spring Dance, 7:00 PM, Rec. Center
- April - Autism Awareness Month
- Apr. 14 - The Arc & Op Shop Closed for Good Friday
- Apr. 14 - Canteen, Easter Dance, 7:00 PM, Rec. Center
- Apr. 17 - The Arc Board Meeting, 7:00 PM, Simms Center
- Apr. 20 - WINGS, 7:00 PM, First Church of the Nazarene
- Apr. 21 - Faith & Light Worship, 7:00 PM, Pleasant View
- Apr. 25 - The Arc Membership Meeting, 7:00 PM, Simms Auditorium
- Apr. 28 - Canteen, Surprise!, 7:00 PM, Rec. Center
- May 10 - SVAP Lunch Bunch, 11:30 AM, Simms Center
- May 12 - Canteen, Picnic at Camp Still Meadows 6:00 PM
- May 31 - Fund Fest to benefit The Arc

The Director's Corner

Mary Ellen Chewning, Executive Director

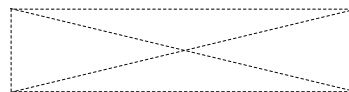
execdir@hrarc.org



A Life Like Yours

Since 1979, The Arc of the United States has sponsored National Mental Retardation Awareness Month. Members and staff of chapters of The Arc all over the nation have worked, and continue to work, for increased acceptance of individuals with developmental disabilities as they strive to live, work, play, and worship like everyone else. Don't you think they deserve a life like yours?

Tell a neighbor or a friend about The Arc and the good things that are happening in the field of developmental disabilities. Compared to 27 years ago, we have certainly seen a growth in acceptance and services. My thanks go out to each of you for your efforts in making that happen.

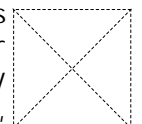


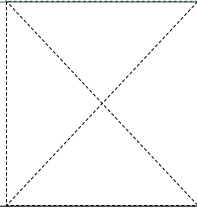
Our New Op Shop Program Coordinator

The Arc is pleased to announce that Christopher Friesen has been promoted to Op Shop Program Coordinator. He has been an Op Shop Instructor and Driver since December 2004.

Prior to coming to Harrisonburg, Christopher worked periodically from 1998 to 2004 as a Residential Support Specialist for Northview Developmental Services in Newton, Kansas, assisting persons with developmental disabilities in their home, work, and recreational activities. In December of 2002, Christopher received a Bachelor of Science degree from Eastern Mennonite University. His first major was Biblical Studies and his second major was in Philosophy and Theology. He is currently working toward an MA in Theology. Welcome, Christopher, to your new duties.

Look for the special Brain Awareness Week insert in the Daily News Record on March 13. The insert contains information on brain disorders, such as traumatic brain injury, autism, mental retardation, resources for individuals affected by them, and prevention. The insert was compiled by the Pilot Club of Harrisonburg and funded by local advertisers, sponsors, and a matching grant from Pilot International Foundation.





Shop Talk - News From The Op Shop

Christopher Friesen, Program Coordinator

Happy Birthday to Darlene H. (March 10), Charles R. (March 13), Sonya Rexrode-Rickel (March 13), Janet Maasch. (March 14), Anna G. (March 18), and Justin S. (April 24). Congratulations to consumers who received perfect attendance certificates for January: Sean, Joann, Anna, Darlene, Tim, Charlie, Dick, Justin, Todd, and Donna W.; and for perfect attendance in February: Sean, Jerry, Darlene, Tim, Violet, Mark, Jennifer, Charles, Justin, and Donna W.

We would like to welcome Sean C. and Joann D. as two new clients at the Op Shop. Instructor Thom Mick has returned to the Op Shop full time. Christopher Friesen has been promoted to Program Coordinator.

The Op Shop clients resumed their study of states with North Dakota and South Dakota learning about dinosaurs, fossils, and the Native Americans of the region. The clients tried their hand at roping a "steer" while studying Montana and they continued their studies with Washington state complete with an erupting volcano.

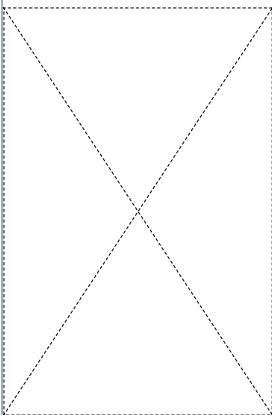
The Op Shop celebrated Chinese New Year again this year, decorating the program room with red paper lanterns and preparing Chinese food including Dragon Bread for lunch. On Groundhog Day, the Op Shop talked about shadows and the clients traced their shadows and made silhouettes.

We would like to thank the group of JMU dance students and visiting dance teacher, Carli Mareneck, who presented a dance workshop at the Op Shop. The clients learned an African dance from Ghana and a Native American dance.

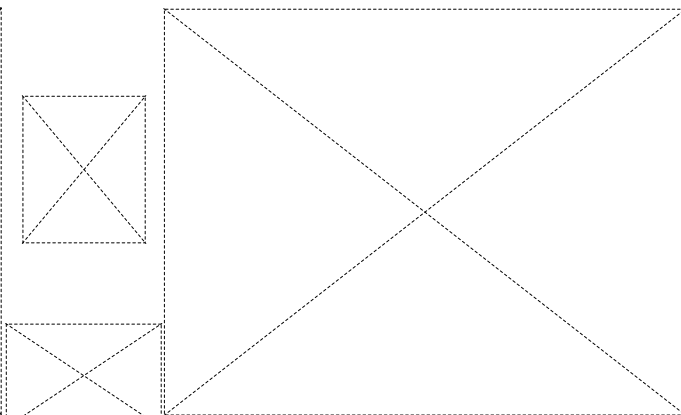
The Op Shop clients and staff divided themselves into groups representing five different countries while following the Winter Olympic games. They held their own opening ceremonies and tracked the medals won by each country.

February concluded with a Mardi Gras celebration which included making masks and having Cajun food and the traditional King Cake for lunch.

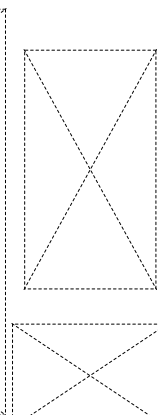
- Wish List**
- Tape/CD Player
 - Stamps \$39 per roll
 - Rolling TV stand
 - Christmas & other used greeting cards
 - Electric Drill



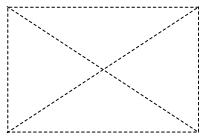
Faye's silhouette



Dick tries his hand at roping a "steer"



Jennifer and the volcano



Notes from the Board

Matthew Sunderlin, Esq., President

valleyelderlaw@clark-bradshaw.com

Little Time...Much to Do

First I want to thank each donor who generously remembered The Arc in your giving last year. I hope many more will join you in helping out in 2006. I am reminded of what Franklin D. Roosevelt once said, "Never before have we had so little time in which to do so much." We have a lot of fundraising to do in 2006. Our goal for '06 is \$100,000. What we have raised to date barely scratches the surface.

Because we have a lot to do and short time to get there, the Board of Directors has decided to hire a development specialist. What is a development specialist? A development specialist is an individual responsible to raise money from donors and develop fundraisers. Hopefully, we will have someone hired next month who will bring great ideas and enthusiasm. In the meantime, any donation you can give will help. No donation is too small. I know there is a lot of competition for your donation dollars, but please remember we are a small organization and any amount you can give helps a lot.

We have placed our first order for commemorative bricks. This first order included 100 bricks of various sizes. The bricks are to be mounted on the left wall along the ramp as you enter the Op Shop at the Lucy F. Simms Center. We have plenty of wall space, so we will be ordered more bricks as new requests come in. A brick is a great way to honor or remember someone special to you. It is never too late to order a brick.

Lastly, the end of the board's year is fast approaching. While our fiscal year runs from January to December, our organizational year begins July 1. New officers and members of the Board of Directors will be elected in June. We are looking for a few new board members. Having "new blood" brings in new ideas and energy. Board members have a direct say in the management and direction of this organization. The Nominating Committee will be appointed at the April Membership meeting. Please email me or call Mary Ellen if you wish to join the board or if you have someone you would like to recommend to us. I will gladly call or meet with anyone interested in joining the board.

Our tasks are not impossible. Together we can get a lot done in our short time.

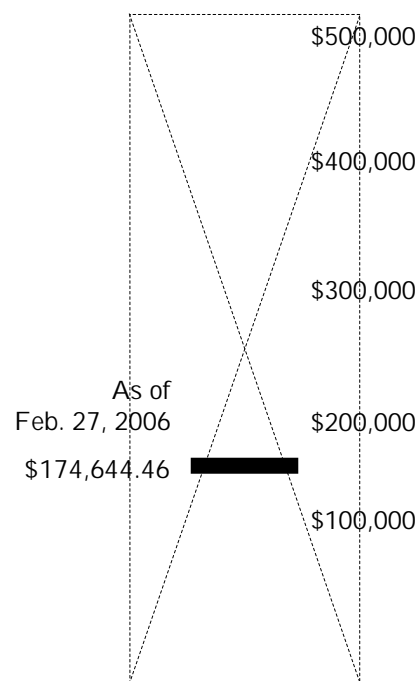
Capital Campaign Fundraising Update

The initial brick order has been placed, but you can still order a brick for the "Wall of Fame." Call 437.9214 or the fundraising page at www.hrarc.org for an order form. Bricks are \$100, \$250, or \$500. Additional bricks will be installed as we received sufficient quantities.

Only 5 Cats Meow collectibles are left. They are \$20 each. Don't miss your chance to own this limited edition collectible of the Lucy F. Simms Center.

The Arc of Harrisonburg and Rockingham was selected as one of the charities to participate in Fund Fest 2006. We will need 25 volunteers to work the event on May 31. The proceeds from Fund Fest will benefit the building fund.

The Arc is planning a yard sale later in the year to benefit the building fund. Start saving your stuff now.



Acknowledgements

We would like to thank the following generous contributors for their recent donations:

Bethel Ladies Aid Busy Bees for a donation to The Arc

Mary Ellen Chewning for a donation to the building fund

Nadine Dove for donating yarn and other craft supplies to the Op Shop

Phyllis Garber for donating planting supplies to the Op Shop

Paul Glanzer for making a donation to the building fund

Heidi Horne of Ginger's Hobbies for donating sewing trims to the Op Shop

Billy M. Hulvey, II for making a donation to The Arc

Patty K nicely & Connie Bazzle for purchasing a 4x8 brick to honor childhood friend
Ramona Wenger

RMH Foundation for a contribution to The Arc in honor of Matt Sunderlin

Henry J. Schiefer for making a donation to the building fund

Lillian R. Sharp for making a donation to the building fund

Jackie Thomas-Suggs for joining at the donor level

Donald, Florence & Todd Turner for their donations to the building fund

Camp Still Meadows

Things are happening at Camp Still Meadows. Follow the link under News & Events on the camp website www.campstillmeadows.org to the Forever Young website to see a color picture of the wheelchair accessible tree-house planned for fall 2006.

Drawing of the proposed tree-house

Camp Still Meadows' annual Longaberger Basket Bingo will be held March 11 at Woodmen of the World on Route 42 in Dayton. The doors open at 5:00 PM the games begin at 6:30 PM. \$10 a card or 3 cards for \$25. Call 540.833.2072 for presale tickets. Advance ticket sales are eligible for a special basket drawing.

Camp Still Meadows will be having a Bar-B-Que Chicken Fundraiser on Saturday, April 22 at the Wal-Mart on Burgess Road.

The season at Camp Still Meadows kicks off with the Canteen Picnic on Friday, May 12, 6:00 PM. Everyone is asked to bring a covered dish to share.

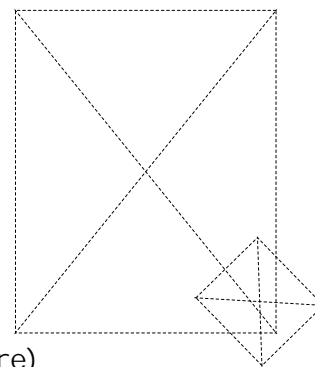
Day Camp runs three weeks, Monday through Friday 9:00 AM - 4:00 PM.

June 26-30, July 17-21, August 7-11

Pre-registration is required for Day Camp. A limited number of full and partial camperships are available through the camp office. Contact Camp Still Meadows 540.833.2072 or email campstillmeadows@aol.com for additional information or an application.

Adult/Teen Canteen—Spring Schedule

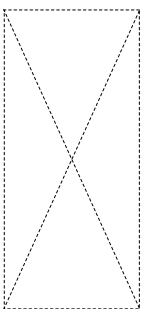
- March 10 — Saint Patrick's Day Dance
- March 24 — Spring Dance
- April 14 — Easter Dance
- April 28 — Surprise!
- May 12 — Picnic at Camp Still Meadows 6:00 PM
(everyone is asked to bring a covered dish to share)



All events are at the Community Activities Center, 304 South Dogwood Drive in Westover Park, 7:00-8:30 PM, unless stated otherwise. Please remember to bring an unopened package of snacks or a 2 liter bottle of soda to share. Group homes should bring enough for each of their clients attending Canteen. For more information about Canteen, call 540.433.2474.

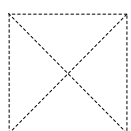
Faith and Light Worship Services Spring Schedule

Persons with disabilities, their families, and friends are invited to be a part of an inclusive worship experience sponsored by Pleasant View, Inc. The services will be held at a new location, the new Pleasant View, Inc. Day Program facility on Commerce Street in Harrisonburg. For additional information contact Pastor Dave Gullman, 540.433.8960 or by email at djg_pv@ntelos.net **Services will be Fridays, March 17, April 21, and May 19.**



Parent-to-Parent Support

Karen Casey-Winton, Chair
This year, Parent-to-Parent will be focusing on planning the new Parent Resource Center. Parents, grandparents, and foster parents of special needs children of any age are welcome to join us. If you are the parent or guardian of a child with special needs and would like to speak to the parent of a child with similar needs, please call The Arc office (540.437.9214) and we will try to match you with a trained Parent Partner.



Food Lion MVP Cards Shop & Share 2006

You can help support The Arc by linking your Food Lion MVP card to The Arc of Harrisonburg and Rockingham on the website at www.foodlion.com, by calling Food Lion (704.633.8250 extension 3810), by mailing the form to The Arc office, or by calling Carol at The Arc office (540.437.9214) with the necessary information. Once you do, each time you shop at Food Lion and use your MVP card, a portion of your total grocery purchase will be donated to The Arc at no extra cost to you! Enroll before March 31, 2006 for the rest of your 2006 purchases to count. Here is a Food Lion enrollment form. You can use it to enroll your

card or help a friend or co-worker to enroll. The email address is optional. Mail it back to The Arc office at 620 Simms Avenue, Harrisonburg, VA 22802, and we will take care of the rest. Make copies or call The Arc office 540.437.9214 if you need additional forms. Be sure and fill in all 12 digits including the small numbers on each end.

MVP # (12 digits) _ _ _ _ _

First Name _____ MI _____

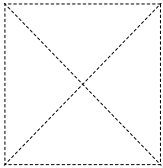
Last Name _____

Address _____

City _____ State ____ Zip _____

Phone _____

Email address _____



From the Special Educator's Desk:

Nicole Myers, Ph.D.

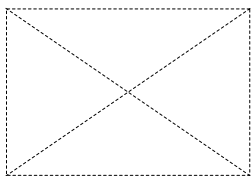
Assistant Professor of Education, Special Education at the University of Mary Washington

In honor of Mental Retardation Awareness Month, let's celebrate some of the positive changes in the field of special education and community living in the past 15 or so years.

For one, I'm very pleased with the focus on improving group homes and community living for our adults with mental retardation. With the school system's and local community agencies' increased focus on self-advocacy, person-centered planning, and transition planning for our students, students and adults seem to be developing wider circle of friends, greater job opportunities, and increased supports within their communities. The focus on leisure skill development seems to be translating into larger opportunities for our students to make connections with non-disabled peers and to have increased satisfaction with the personal/social aspects of their lives. Along with that, I have seen increased numbers of individuals with mental retardation living in their own home or apartment program with support.

At the teacher education level, I am happy that many of our future and beginning teachers seem to have an increased awareness of mental retardation and many have worked with students with mental retardation either in their teacher education program or through including students with disabilities into their classroom. This early exposure seems to be limiting some of the uneasiness of including students with all disabilities into the regular education classroom. Along with a lessened concern about including students with disabilities in the classroom, I find that my students have greater understanding of causes and strategies for working with students with mental retardation.

While several issues still need increased attention, including definitions and classifications of mental retardation, helping those with mental retardation access financial resources and helping families plan for their adult children with mental retardation's future, there is an amplified effort toward assisting those with mental retardation to feel empowered and important and that is a huge step in the right direction!



The Arc of Harrisonburg and Rockingham

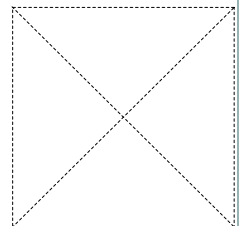
Spring Membership Meeting

Tuesday, April 25, 7:00 PM

in the Auditorium of The Lucy F. Simms Center

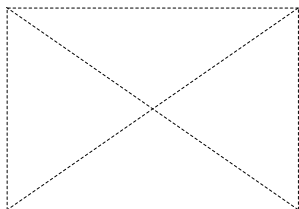
Barbara Harkins and Anita Burner

will speak on their dream for a Harrisonburg playground where children with and without disabilities can play together



Following the guest speakers, we will be selecting a nominating committee to prepare a slate of officers and board members. You must be a current member of The Arc of Harrisonburg and Rockingham to vote. Check the date on your mailing label to be sure your membership is current. Renewals and dues for new members may be paid at the membership meeting.

The Arc Art Contest 2006 Winners Announced



Our 2006 Art Contest entries were inspiring. We received a very detailed pencil sketch along with entries done in tempera paint, crayon, colored pencil, colored markers, and construction paper. Our judges had a hard time awarding the first, second, third, and fourth places in the post school level, so they also chose a number of honorable mentions.

The artists will be honored at a reception at the Lucy Simms Center Auditorium from 5:00 - 7:00 PM on Monday, March 20. Parents, caretakers, and friends of all the artists are invited to attend. All of the entries will be displayed with their assigned ribbons. Certificates of Participation will be presented. The public is also cordially invited to attend. Light refreshments will be served.

All those attending the March 20 reception will have the opportunity to select a "People's Choice" winner by voting a penny a vote. There will be no limit on the number of votes a person may put toward to the artist's name. There will be no limit on the number of artists a person may vote for. The People's Choice Award winner will be announced at 6:30 PM that night. All proceeds from the People's Choice voting will benefit The Arc Op Shop Building Fund.

We would like to thank Dr. Cyndi Gusler and Dr. Joanne Gabbin for coming to The Arc office to judge the entries. Dr. Gusler is the chair of the Art Department at Eastern Mennonite University and Dr. Gabbin is Executive Director of JMU's Furious Flowers Poetry Center and owner of the 150 Franklin Street Gallery.

The winning entries will also be on display on The Arc's website at www.hrarc.org.

2006 ART CONTEST WINNERS

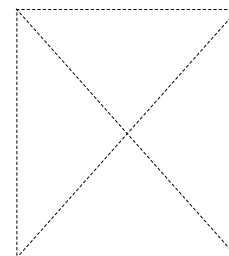
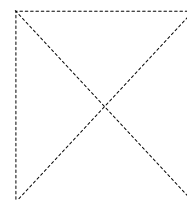
Preschool Level: First Place - Donald Winton, Happy Snowman, collage

High School Level: First Place - Kevin Scott Rublee, Virginia Tulips, colored pencil
Second Place - Sheena Marie Andes, Home of Jesus, pencil drawing
Third Place - Robert William Stanger Silvers, Mustang

Post School Level: First Place - Anna Gutierrez, Clyde, mixed media
Second Place - Dick Simon, House in the Woods, colored pencil drawing
Third Place - Jennifer Musacchio, The Lighthouse, collage
Fourth Place - David Swartzendruber, Me and Linda, pen and markers
Honorable Mention - Crystal Carr, Rainbow, crayon
Honorable Mention - Todd Turner - Picture Frame, markers

Grand Prize Winner: Linda Swartzendruber, untitled, markers

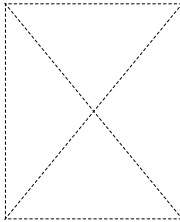
Congratulations to all the artists!



Shenandoah Valley Autism Partnership (SVAP)

Partnership Postings

Join the "Lunch Bunch," an informal support group/networking meeting for those interested in the Autism Spectrum Disorder, including Asperger's Syndrome, PDD, and related disorders. Please bring your own lunch.



Wednesday, March 8, and May 10, 11:30 AM - 1:00 PM at the Lucy F. Simms Center, classroom #4, on the first floor.

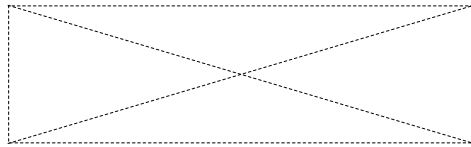
The Shenandoah Valley Autism Partnership is an affiliate of The Arc of Harrisonburg and Rockingham.

Membership in SVAP is \$20, which includes \$15 for membership in The Arc. If you are already a member of The Arc of Harrisonburg and Rockingham, you may send the additional \$5 for SVAP membership when you renew your membership in The Arc.

SVAP is selling Autism Awareness Ribbon Magnets for \$5. The proceeds benefit SVAP. Magnets are available at The Arc office and from SVAP members.

For additional information call Fonda at 540.289.9206, email watsonfp@aol.com or call Sally at 540.568.8095.

Visit the SVAP website at www.valleyautism.org



A Christian based support group for families & friends who have loved ones with special needs

When: The 3rd Thursday of every month

Where: Harrisonburg 1st Church of the Nazarene (corner of Boyers Road and Port Republic Rd.)

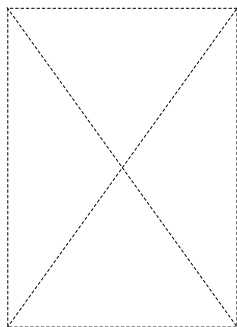
Time: 7:00 - 8:30 PM

Date: March 16 - Parents and guardians of children with special needs are invited to attend an IEP preparation meeting. Parents will share ideas in all areas of the IEP - OT, PT, Speech, etc. Please RSVP if you need child care. Bring finger food and a drink to share.

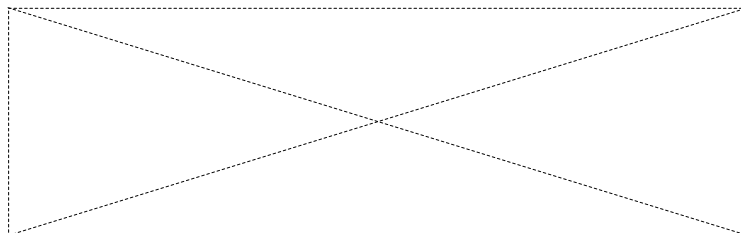
Date: April 20 - Social, bring finger food and drink to share

Wings is a support group for families and friends who have loved ones with special needs.

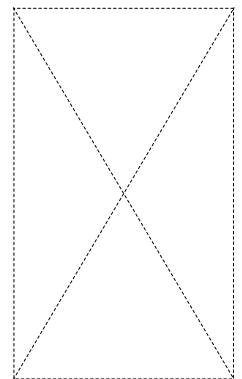
FREE child care will be provided. If you are planning to attend and need child care, please RSVP by the 2nd Thursday of each month so that WINGS can plan appropriately. You can contact WINGS at 540.578.1434 or email wingsforflight@adelphia.net. Visit the WINGS website at www.wingsforflight.com



paper plate holder
walnut \$15

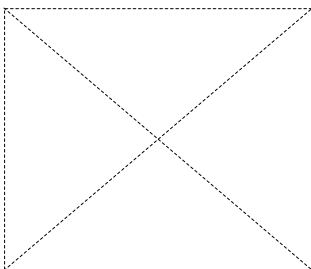


wooden banks, assorted designs \$10 - \$16

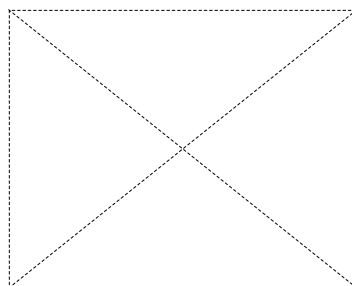


bookcase - oak
\$125

Op Shop Products For Sale
available to purchase Monday—Friday,
8:30 AM - 5:00 PM
The Arc Op Shop ? 620 Simms Avenue ? Harrisonburg

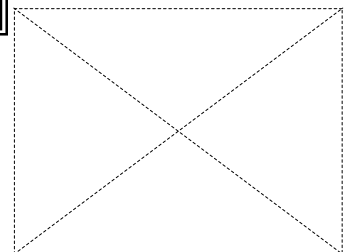


cutting boards - assorted
designs \$8 - \$16



rocking airplane \$75

Also on display and available to purchase are memo holders, bread boxes, napkin holders, wooden toys, peg racks, picture frames, step stools, bird houses, and much more. Stop by 9-5 Monday-Friday to see all the Op Shop products.



quilt rack - oak \$65

Invitation to Non-Members (those with an expired date or no date on the mailing label) - Our limited financial resources will not permit us to send our newsletter to non-members indefinitely. We invite you to support the advocacy of persons with mental retardation and other developmental disabilities by filling out the membership form below and mailing it to The Arc office. Membership in The Arc of Harrisonburg and Rockingham includes membership in The Arc of Virginia and The Arc of the United States. DUES & DONATIONS ARE TAX DEDUCTIBLE

Application for Membership

Fill out and mail to : The Arc of Harrisonburg and Rockingham, Inc.
620 Simms Avenue
Harrisonburg, VA 22802

Name _____

Telephone _____ E-mail Address _____

Address _____

City _____ State _____ Zip _____

Renewal New Member

Individual/Family dues \$15 Contributor \$25 Donor \$100 Cherub \$250 Angel \$500 Arc Angel \$1000

Enclosed is an additional \$5 for Membership in Shenandoah Valley Autism Partnership SVAP \$5



COURTESY RENEWEL REMINDERS

THANK YOU TO NEW MEMBERS & RECENT RENEWALS: Betty & Bryan Acker, Mr. & Mrs. Donnie Bazzle, Mr. & Mrs. Kenneth Beer, Camp Still Meadows, Robert & Karen Cooper, Laurel & Lewis Foster, Mr. & Mrs. Russell W. Grogg, Rebecca Helmick, William M. Hulvey II, Rebecca Joyce, Gordon & Linda Magalis, Beverly Mahood, Marie B. Marston, Alison McElroy, Sheryl L. Shenk, Rebecca Sizer, Bren McGillivary Smith, Emelita & Robert Stieber, Jackie Thomas-Suggs, Matthew C. Sunderlin, Chris Turner, Donald & Florence Turner, Donna K. Warble, Carroll & Lee Ward, Charlie & Juanita Wilkins

MEMBERSHIPS THAT HAVE RECENTLY EXPIRED: Drs. Samuel & Gail Arthur, Frances Edmonson, Carolyn & Al Falcioni, Debra & David Gullman, Mary & Donald Kisling, Anne McGuigan, Neil & Catherine McLaughlin, Teresita C. Meadows, Karen Mercer, Mr. & Mrs. David Merlin, Lynn & Todd Rhea, Sheli & Jay Rhodes, Lillian & Dick Richardson, Roger A. Ritchie, Rev. Joy A. Rose, Kevin & Rhonda Stees, Ms. Kaye Swecker, Mr. & Mrs. James M. Triplett, Pam & Phill Ungar, Harold & Beverly Wood, Jeanne Zimmerman

MEMBERSHIPS EXPIRING IN (March): (PLEASE RENEW now) Dr. John V. Barnes, John & Deborah Canter, Brad & Mary Ellen Chewing, Emily Dingedine, Frank & June Fine, Dave Flick, Mr. & Mrs. Johnny W. Garber, J.D. & Becky Glick, David J. Hatmaker, Victoria B. Hensley, Patricia & Jerry Hilbert, Dr. & Mrs. Andrew Kohen, Julia S. Lam, Thom Mick, Drs. J. Gerald & Esther Minskoff, Katherine & Alan Neckowitz, Mrs. Mildred Robinson, Mildred Ryder, Mr. & Mrs. Monroe Secrist, Linda & David Swartzendruber, Wylie & Diane Walton, Fleta H. Walton, Mr. & Mrs. Gifford Wenger, Mr. & Mrs. William Zwanzig

MEMBERSHIPS EXPIRING IN (April): (PLEASE RENEW in March) Rick & Cherie Bowen, Mr. & Mrs. Weldon Click, Mr. & Mrs. Willard E. Dean, Mr. & Mrs. Courtney Dove, Mr. & Mrs. Stanley Harpine, Joann & Jim Henderson, Bill Ingram, Mrs. Iva H. Kenney, Mr. & Mrs. J.L. Miller, Paul & Linda Revel, Paula Rhodes, David Shue, Mrs. Isabelle Sites, Mrs. Doris S. Summers, Michael Taylor, Phyllis & Beverly Turner, Larry & Joann Turner

Our thanks to each of you who supports The Arc, whether through direct monetary donations, United Way contributions, the Food Lion Shop & Share program, volunteering your time and energy to our programs, or purchasing Op Shop crafts. Your giving allows us to continue to make a better life for persons in our community with mental retardation and other related developmental disabilities.



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The Lucy F. Simms Center
620 Simms Avenue
Harrisonburg, VA 22802

Phone: 540.437.9214
Fax: 540.437.9217
Email: arc@hrarc.org
Website: www.hrarc.org

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**March is Mental Retardation
Awareness Month**
March 13 - 19
is Brain Awareness Week
**April is Autism
Awareness Month**

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