

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 34, Issue 3

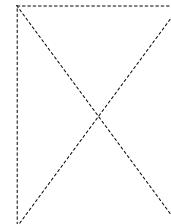
May/June 2007

Important Dates:

- May 8 - Arc Board Meeting 7:00 PM, Lucy Simms Center
- May 9 - SVAP Lunch Bunch, 11:30 AM, Lucy Simms Center
- May 11 - Op Shop Yard Sale 10:00 AM - 4:00 PM
- May 11 - Canteen Picnic, 6:00 PM, Camp Still Meadows
- May 12 - Op Shop Yard Sale 8:30 AM - 2:00 PM
- May 14 - Postage rate increase to 41¢
- May 17 - Golf Tournament at Heritage Oaks, Noon -
- May 17 - WINGS, First Church of the Nazarene, 7:00 PM
- May 18 - Faith & Light Worship, 7:00 PM, Pleasant View
- May 19 - United Way Family Fun Day, 11:00 AM Godwin Field, JMU
- May 19 - Tree house Ribbon Cutting at Camp Still Meadows, 2:00 PM
- May 25 - Music Under the Stars, Camp Still Meadows, 7:00 PM
- May 26 - 5K Run/Walk for Autism, Richmond, 8:00 AM
- May 29-June 1 - Camp All Starz for Op Shop, 9:00 AM - Noon
- June 8 - Faith & Light Worship, Camp Still Meadows, 7:00 PM
- June 14 - The Arc Annual Meeting, Covered Dish Supper & Elections, 6:30 PM
- June 14 - Raffle Drawing for P. Buckley Moss Print
- June 15 - Music Under the Stars, Camp Still Meadows, 7:00 PM
- June 21 - WINGS, First Church of the Nazarene, 7:00 PM
- July 2-6 - Camp All Starz
- July 6 - Music Under the Stars, Camp Still Meadows, 7:00 PM
- July 10 - Arc Board Meeting 7:00 PM, Lucy Simms Center
- July 13 - Faith & Light Worship, Camp Still Meadows, 7:00 PM

The Director's Corner

Mary Ellen Chewning, Executive Director execdir@hrarc.org



"You give but little when you give of your possessions. It is when you give of yourself that you truly give."

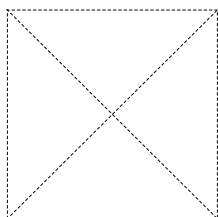
-- Kahlil Gibran

When I first became a volunteer with The Arc in Front Royal, I was a young parent with two small children, one of which was a son with Down Syndrome. The chapter president got me involved right away and I had me working on different projects with other members. I appreciated the opportunity to meet so many people I had not previously known, and I learned from them. We here in Harrisonburg have those same opportunities for members of The Arc to get together. Check out the events below.

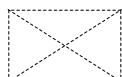
BINGO CALLER AND ASSISTANTS needed on Saturday, May 19. The Arc will be helping United Way of Harrisonburg and Rockingham celebrate its 50th Anniversary. Our assignment is to "man" a Bingo Tent on JMU's Godwin field from 11:00 AM until 3:00 PM. Call The Arc office (437-9214) if you can work either the first two hours or the last two hours.

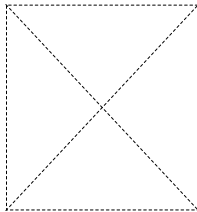
YARD SALE HELPERS needed on Friday and Saturday, May 11 & 12, at the Lucy Simms Center for our spring Yard Sale.

GOLF TOURNAMENT HOLE MONITORS needed on Thursday, May 17, at Heritage Oaks for the Hole-in-One Contest and the Putting Contest. Bring your lawn chairs and sit and talk while monitoring. Other volunteers can drive the refreshment golf cart around the course, sell 50/50 tickets, or sell "Mulligan" tickets.



The Arc of Harrisonburg and Rockingham Annual Meeting
and Covered Dish Supper, June 14, 6:30 PM
The Lucy F. Simms Auditorium





Shop Talk - News From The Op Shop

540.437.9214 ext. 132

opshop@hrarc.org

The Op Shop is a licensed day support program for adults with developmental disabilities.

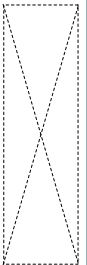
Happy Birthday to Jerry G. (May 14), Sandra G. (May 25), Violet L. (May 25), Todd T. (May 25), Sean C. (June 10), Dick S. (June 12) and Donna J. (June 29).

Congratulations to those clients who received perfect attendance certificates for February: Crystal, Sean, Anna, Darlene, Mark, Jennifer, Roy, Charlie, Sue Ann, Dick, Justin, Cindy, and Donna W.; and for perfect attendance in March: Crystal, Sean, Meghan, Sandra, Jerry, Anna, Darlene, Jennifer, Roy, Charlie, Sue Ann, Dick, Justin, Todd, and Donna W.

Our annual Saint Patrick's Day celebration included listening to Irish Music; decorating shamrocks; weaving St. Bridget's crosses; and having corned beef and cabbage, mashed potatoes, Irish soda bread, and green Jell-O for lunch. A group of JMU Dance students came to the Op Shop several times this spring to work with the clients. The clients dyed eggs for Easter and then used them to make deviled eggs for lunch. The Op Shop has been taking advantage of the good weather and using the outdoor basketball courts.

Charlie was very pleased to be chosen to represent The Arc in a video produced by JMU for the United Way of Harrisonburg and Rockingham's 50th Anniversary.

The Op Shop is joining the Bottle Brigade. Please save your 20oz. soda pop bottles with the caps and bring them to the Op Shop. We will be selling them for 5¢ each to a company that produces environmentally friendly fertilizer that they package in the recycled 20 oz. bottles. They must be 20 oz. soda bottles. Some water bottles may look the same, but they aren't sturdy enough. If you would like to find out more about the program visit www.terracycle.net.



Meri Page Downey is leaving the Op Shop at the end of May to attend nursing school. We wish her lots of luck.

Don't forget the Annual Op Shop Spring Yard Sale:
Friday, May 11 and Saturday, May 12.

Wish List

Aluminum cans to crush & sell

Cotton/Polyester fabric quilt scraps

20oz. Soda bottles, empty with caps

Twist ties

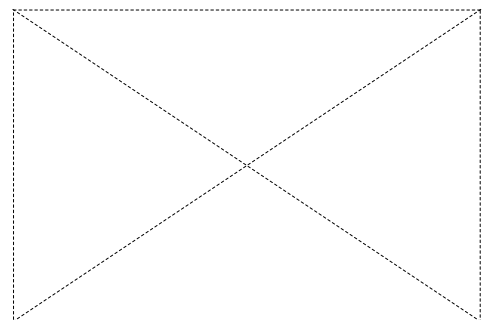
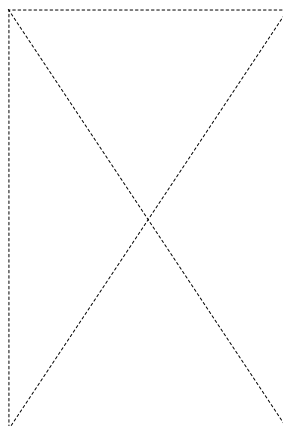
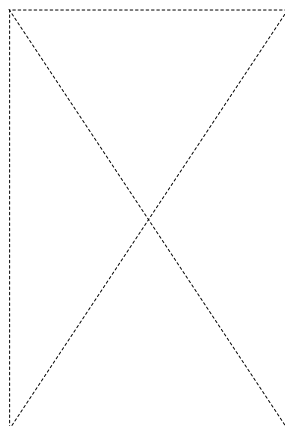
Volunteers to help with mailings & clerical work in The Arc office

Volunteers to help with Op Shop craft projects

Used greeting cards — any occasion

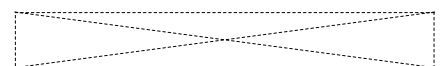
Wood scraps, mill short falls & 1½" thick boards

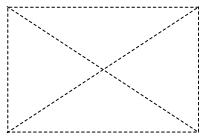
Yarn



Betty and Justin shooting baskets

Cindy, Faye, and Anna watching the game from the sidelines





Notes from the Board

Matthew Sunderlin, Esq., President

valleyelderlaw@clark-bradshaw.com

Exciting Times at The Arc!

These are exciting times at The Arc. We are moving faster than ever and raising more money than ever. That's great because we surely need it. We have a wide variety of fundraisers this year, many of which are new – never tried by us before.

By the time you read this, the spaghetti dinner and auction will have been a great success. Kayte Tigert and Billy Polansky took the lead in planning the dinner. Doug Michael volunteered his auctioneer services. Without their dedication, it would not have happened. Many local businesses gave us many products to sell at the auction. We need to remember to say "thank you" to each individual and business who stepped up to the spaghetti plate to help us.

Of course, we have our inaugural golf tournament on May 17, 2007. We need to thank Jonathan Coddington and the Shenandoah Association of Insurance and Financial Advisors (SAIFA) for their dedication to us. SAIFA could have chosen any charity to assist, but because of Jonathan Coddington's dedication to The Arc, the SAIFA is helping us. We need to remember to say, "thank you."

Padow's Hams & Deli and the Kroger Shopping Center are planning to have a car show (probably in June) and the proceeds will benefit The Arc. Padow's approached us and asked if we would be interested in being the beneficiary. They could have asked any charity to assist, but they asked us. Again, we need to remember to say, "thank you."

Additionally, we have a yard sale in May and a raffle of a P. Buckley Moss print in June. Lest I forget, we are still selling bricks for our Wall of Fame.

It is amazing how many local citizens are coming out to help us. Everyone says "Yes" when I ask for help. No one has ever said "No". Everyone says that The Arc is a worthwhile organization that is in need of assistance, and I say, "Yes, we are!" The Arc is worth every dollar contributed to it, and it is a vital part of this community. We need to remember to ask, but we must also say thank you for all the hard work, money, products and services contributed to this worthwhile and successful organization.

I want to thank Linda Magalis and Michael Claypoole for their hard work on the board of directors over the last several years. Last, but certainly not least, I want to thank the nominating committee: Lisa Milliken, Chair, Becky Weidig, and Belinda Campbell. They have diligently found a new slate of officers and board of directors for the forthcoming year.

The next board meeting will be Tuesday, May 8, 7:00 PM

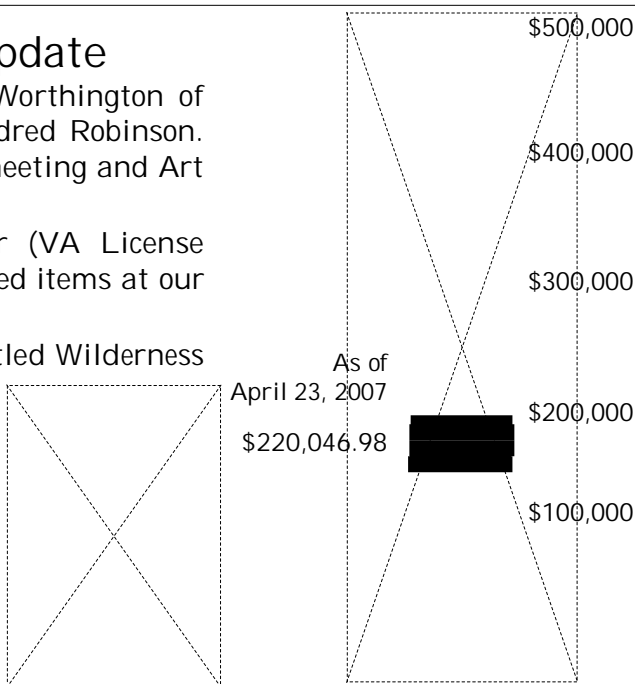
Capital Campaign Fundraising Update

The winner of the \$100 worth of gas was Charles Worthington of Winchester, VA. The winning ticket was sold by Mildred Robinson. The drawing was held at the March 22 membership meeting and Art Contest reception. The gas raffle netted \$550.

We would like to thank Doug Michael, Auctioneer (VA License #003500) for donating his services to auction off donated items at our Spaghetti Dinner Fundraiser in April.

The P. Buckley Moss Society has donated a print entitled Wilderness Sanctuary #15 for a raffle drawing to be held at The Arc Annual meeting and covered dish supper on June 14. Proceeds will benefit the Building Fund. Tickets are available at The Arc office. The Craft House generously donated the framing.

We are still selling bricks for the Wall of Fame. Commemorative bricks are \$100, \$250 or \$500. Call The Arc office (437.9214) for a brick order form.



ACKNOWLEDGEMENTS

WE WOULD LIKE TO THANK THE FOLLOWING GENEROUS CONTRIBUTORS FOR THEIR RECENT DONATIONS:

Anonymous for a donation to the Building Fund

Anonymous for making a donation to The Arc through the Commonwealth of Virginia Campaign

Blakemore's Flowers for donating an item for The Arc's Auction

Kathleen Burke, Bluestone Workshop for donating items for The Arc's Auction

Eleanor M. Campbell for enclosing a donation to the Building Fund with her membership enrollment

Car Wash Express for donating an item for The Arc's Auction

Patricia Carroll for making a donation to The Arc through United Way of Roanoke Valley

R. Bradley Chewning for making a donation through the Commonwealth of Virginia Campaign

Coors Brewing Company for a donation to the Building Fund

Vilma V. Corchado for sending a donation with her membership enrollment

Dayton Interiors for donating an item for The Arc's Auction

The Furniture Warehouse for donating an item for The Arc's Auction

Rod & Pat Harman for a donation to The Arc Op Shop in memory of Charlotte W. Smith

Don & Susan Hicklin for a donation to the Building Fund

Frances Hill, Designs in Stained Glass for donating items for The Arc's Auction

Robert D. Holter for donating to The Arc through the United Way of Greater Augusta

Kathy's Scuba for donating items for The Arc's Auction

Gary & Carolyn Kardos for a donation to The Arc

Charles & Helen Marie Leach for their donations to the Building Fund

Lawrence N. McDonaldson for donating to The Arc through the United Way of Greater Augusta

Charlotte McNulty for donating an item for The Arc's Auction

Merck & Co. for a donation to the Building Fund

Lisa Milliken for donating the proceeds of a luncheon to the Building Fund

Partners Excavating Company for a donation to The Arc Op Shop in memory of Charlotte W. Smith

Pifer Office Supply for donating an item for The Arc's Auction

Paula J. Rhodes for enclosing a donation to the Building Fund with her membership renewal

Sofas 4 U Plus for donating an item for The Arc's Auction

Thomas Jefferson Civitan Club for donating the proceeds of the 2006 Claxton Fruitcake Sale

Timberville Drug Store for donating items for The Arc's Auction

Crystal Trost for making a donation to The Arc through "Click & Pledge" on The Arc website

Donald, Florence, & Todd Turner for their donations to the Building Fund

Walter & Doris Whitmore for a donation to The Arc Op Shop in memory of Charlotte W. Smith

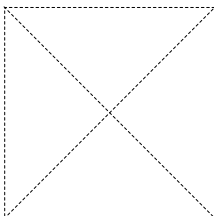
Rowan Zeiss for donating an item for The Arc's Auction

The Art Contest Reception 2007

We would like to thank the Honorable Rodney Eagle, Mayor of Harrisonburg, for presenting the participation certificates and the People's Choice Award at the Art Contest Reception. The winner of the People's Choice Award was Robert "Tim" Judd for his painting Mardi Gras.

Lena Campbell and her First Place drawing Pom Pom Girl	Sue Ann Shifflett and Kayte Tigert with Susie's picture Kayte	Robert Silvers and his drawing Warm Cozy Fire	Tim Judd accepts certificate from Mayor Rodney Eagle

HELP WANTED Instructor/Driver. Two Instructor/Driver positions are available for the Op Shop (our day support program for adults with mental retardation and other developmental disabilities): a full time 30 or 40 hour position, and a part-time summer position. Special Education background, QMRP, or Med-tech a plus. Good driving record a must. Background check required. Benefits for full time position include 10 paid holidays and 12 sick/personal days per year, paid vacation, life insurance, 401K, and partially paid health insurance.



2007 Food Lion Shop and Share

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, or by calling Carol at The Arc office (540.437.9214) with your 12 digit MVP card number. 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 June 30 to have the rest of your 2007 purchases count. Here is a Food Lion enrollment form. 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 _____

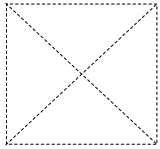
Last Name _____

Address _____

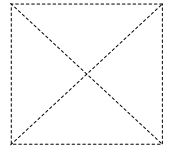
City _____ State __ __ Zip _____

Phone _____

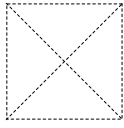
Email address _____



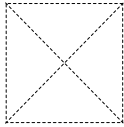
Camp Still Meadows



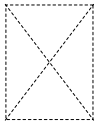
11992 Hollar School Road, Linville, VA 22834
540.833.2075 or email-campstillmeadows@aol.com



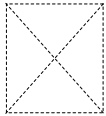
Canteen Picnic - Friday, May 11, 6:00 PM. A social for individuals with developmental disabilities aged 14 and up. Everyone is asked to bring a covered dish to share.



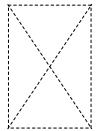
Saturday, May 19, Ribbon-cutting for the wheelchair accessible tree house, 2:00 PM



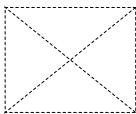
Music Under the Stars - Fridays, 7:00 PM: , May 25, June 15, July 6, and August 10



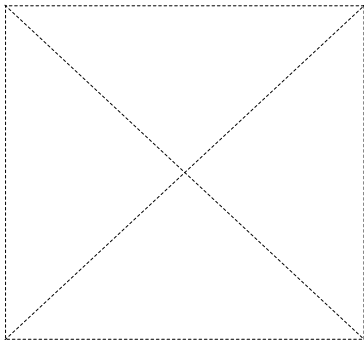
Daphna Creek Concert - Friday, August 24, 7:00 PM. Daphna Creek is a Shenandoah Valley gospel bluegrass band based in Broadway, VA.



Faith and Light Worship Service - Fridays, 7:00 PM: June 8, July 13, August 3, and September 7.



Therapeutic Riding Program - June 20—August 8, August 22—October 10. \$200 per session. Pre-registration required.



Day Camp 2007

Monday—Thursday 9:00 AM—3:00 PM Friday 9:00—2:00

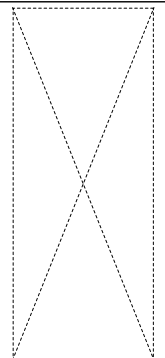
June 25-29, July 16-20, August 6-10

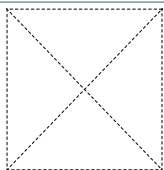
Camp fees for day camp are \$150 per week.

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.

Faith and Light Worship Services Summer Schedule

Persons with disabilities, their families, and friends are invited to be part of an inclusive worship experience sponsored by Pleasant View, Inc. Services will be held at the Pleasant View day program building at 151 Commerce Street in Harrisonburg on May 18 at 7:00 PM. Outdoor Summer Worship services will be held at Camp Still Meadows on June 8, July 13, August 3, and September 7. For additional information contact Pastor Dave Gullman, 540.433.8960 or by email at djg_pv@ntelos.net.





From the Special Educator's Desk:

Nicole Myers, Ph.D.

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

The 4Ps!

To be successful as an adult, children with mental retardation need to learn daily living skills. Recently, students in one of my graduate education classes on transition planning designed a daily living skills unit for students with special needs in a self-contained setting. This unit was designed to help high school students who have not had training in the areas of cooking and shopping to gain skills in these areas before they graduated. They felt that focusing on the 4Ps—Planning, Preparing, Purchasing, and Production of a Healthy Meal—was an important daily living skill that each student should have before graduation. While this project was originally intended for use at a private school setting, it can be used by public school teachers, counselors, and family members as well. Listed below are some of the activities they developed in the 4P's unit.

Planning: Creating a favorite foods puzzle. Web map the benefits of planning. Finding coupons. Making Grocery lists. and watching the video Super Size Me (education version).

Preparing: Watching a cooking show. Looking up recipes. Identifying cooking utensils. Practicing measuring.

Purchasing: "Price is Right" game. Creating a budget. Using ads to find prices. Classroom Grocery Store." Community Based Instruction in grocery stores.

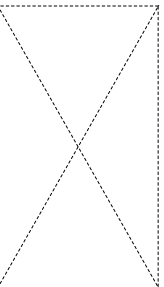
Production: Choosing a favorite meal. Using a budget to shop. Actual Preparation of Meals.

Each of these activities can be created easily on a low-budget from ordinary items found in the home. All you need is a little creativity. Your classroom set-up will allow you to determine how elaborate the meals can be!

4P Collaborators: Jodi Bizar-Wilcox, Rebecca Cummings, Katrenia Jefferies, Piper Newman, Patricia St. Clair, and Ryan Ward.

Anyone interested in more information about the unit can email me at nmyers@umw.edu and I will put you in touch with one of the collaborators on the project.

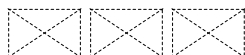
Autism Society of America - Central VA Chapter - 5th Annual 5K Run/Walk For Autism



Saturday, May 26, 8:00 AM, starting at the Innsbrook Shoppes, West Broad Street and Dominion Blvd. Richmond, VA. Rain or Shine. Adult registration - \$15, children under 10 - \$5. Register on line at: www.rrrc.org/rrrc Late registration after May 11 and on-site registration fee is \$20.

For more information on the race, please call the Autism Society of America Central VA Chapter at 804.257.0192 or visit their website at www.asacv.org

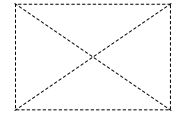
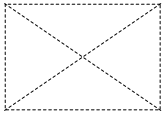
Congratulations to Dr. Joann Grayson for being named the 2006 Virginia Professor of the Year



We extend our condolences to the family of Georgia M. Hoover.

We also extend our sympathy to Jeff Shafer and his family on the loss of his mother

The Arc of Harrisonburg and Rockingham Annual Membership Meeting



Covered Dish Supper

Thursday, June 14 - 6:00 PM

in the Lucy F. Simms Auditorium

Please bring a covered dish to share

Drinks, main course, and paper products will be provided

Election of Officers and Board Members will be held following dinner

You must be a current member of The Arc to vote

Dues may be paid at the meeting.

The raffle drawing for the P. Buckley Moss print Wilderness Sanctuary #15 will be held

Bring the entire family

The building is wheelchair accessible

There will be organized games for the children



Slate of Officers & Directors 2007-2008

President

Matthew C. Sunderlin, Esq.

Vice President

Karen Casey-Winton

Secretary

Tara Greene

Treasurer

Jeff Shafer

Directors (2 year term 2007-2009)

Al Falcioni

Sue Hughes

Dr. Maggie Kyger

Maxine Magri

Dr. J. Gerald Minskoff

Roger Ritchie, Esq.

Donna Warble

Directors Completing first year of 2 year term

Jonathan Coddington

Jason May

Lisa Milliken

Becky Weidig

Honorary Board Member

Carolyn W. Frank

Tara Greene is the new Regional Resource Coordinator for the Brain Injury Association of Virginia. She is an Augusta county native and graduated from Mary Baldwin College.

Sue Hughes is the President of American Nationwide Mortgage in Harrisonburg. Originally from Pennsylvania, she has lived in Virginia for the past twenty years.

Dr. Maggie Kyger is the Chair of the Exceptional Education Dept. at James Madison University.

Maxine Z. Magri is a self employed CPA.

Elections will be held at the June 14 Annual meeting. The new term for Officers and Directors begins July 1.

There will be a board meeting on Tuesday, July 10, 7:00 PM at the Op Shop in the Lucy F. Simms Center, 620 Simms Avenue, Harrisonburg.

A PARENT ASKS

I just went to my child's IEP meeting. The IEP was already written out when I got there. Is that legal?

A draft of the IEP (Individualized Education Plan) is often written by the special education teacher ahead of time because it takes a great deal of thought, but you definitely should have gotten a copy prior to the meeting. Seeing the draft ahead of time, you would have been in a better position to decide what you wanted to add or change.

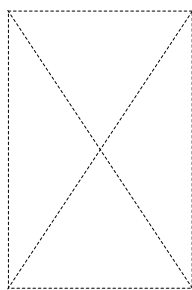
The IEP has to evolve from a consensus of the IEP team. Parents are one of the most important members of that team, and they should never be put in the position of feeling that their input is minimal.

Email your questions for A PARENT ASKS or comments about this column to ExecDir@hrarc.org or call The Arc office at 540.437.9214.

"A PARENT ASKS" is a regular feature of The Arc Advocate. Readers are encouraged to send in questions

PLAY DATE OPPORTUNITY DESIRED

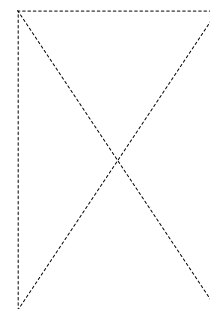
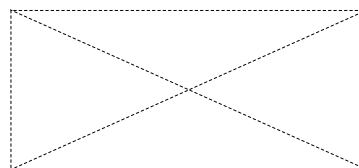
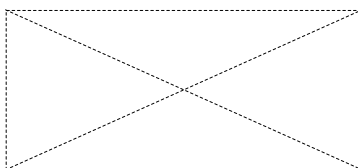
A mom from northern Rockingham County would like to arrange play dates for her 4-year-old daughter who has a developmental delay due to a rare chromosome abnormality. Her daughter is doing well in Head Start. She can sit up but is not walking and must be fed. Call The Arc office for the mom's name and phone number.



Yarn Dusters
36" long \$5

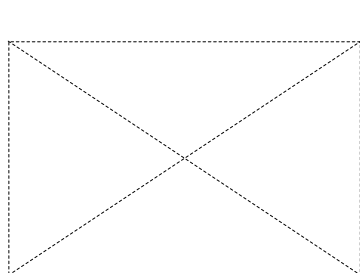
Op Shop Products For Sale

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

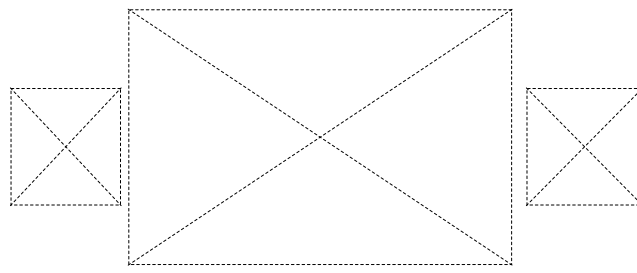


Lady Bug
Doorstop \$6

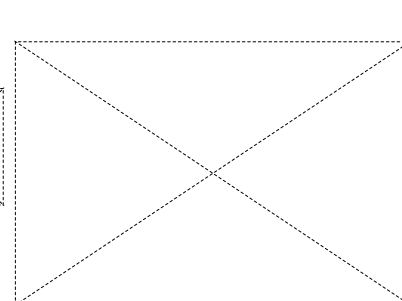
Op Shop products include doorstops, grocery bag holder handles, jewelry, hanging quilt racks, decorated candles and flower pots, cow and chicken banks, and assorted cutting boards. Adjustable casserole carriers are perfect for covered dish suppers, the pegs adjust to carry any dish. Also on display and available for purchase are, memo holders, bread boxes, napkin holders, wooden toys, peg racks, picture frames, yarn dusters, small cabinets, and much more. Christmas wreaths are half price. Visit www.hrarc.org to see more Op Shop products.



Virginia Bank
\$16



Casserole Carrier Tray with movable pegs
adjusts to carry any size dish \$20
Great for covered dish suppers!



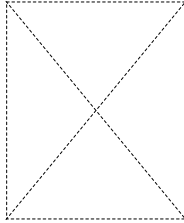
Paper Bead Jewelry
Necklace \$6 Earrings \$2

Shenandoah Valley Autism Partnership (SVAP) Partnership Postings

Join the "Lunch Bunch" on May 9, 11:30 AM - 1:00 PM at the Lucy F. Simms Center, in meeting room 4. The "Lunch Bunch," is an informal support group/networking meeting for those interested in the Autism Spectrum Disorder, including Asperger's Syndrome, PDD, and related disorders, meets the second Wednesday each month during the school year. Bring a brown bag lunch.

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.

For additional information, call Fonda at 540.289.9206, email svap@valleyautism.org, or call Sally at 540.568.8095. Visit the SVAP website at www.valleyautism.org



Harrisonburg Dept. of Parks & Recreation



Camp All Starz

This program is an opportunity for individuals ages 10-30 (must turn 10 on or before June 30, 2007) with special needs to participate in instructional and recreational activities. Each participant will participate in a variety of activities, which include crafts, group games, cooking, and music. Target Population(s): serving individuals with mild to moderate mental retardation, learning disabilities, moderate autism, moderate behavioral/emotional disorders, attention deficit/hyperactivity disorders, visual impairments or hearing impairments. Skills needed: Follows one to two-step directions, requires minimal assistance with activities of daily living (toileting, feeding, etc.), manage own behavior with moderate to minimal staff intervention and ability to make simple choices.

Must bring own lunch, snack provided. Fee is \$25 for this one-week session; July 2 to 6.

(Registration and payments must be in by June 1st)

Activity #: 332405-02

Op Shop camp week is the week of May 29 - June 1.

9:00 AM - 12:00 Noon

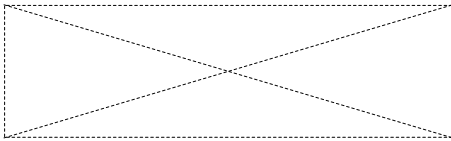
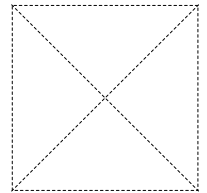
Ages 16 and over

Must bring lunch, snack provided.

Fee: \$25.00

Activity #: 332405-01

Call 433-2474 for more details.



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.)

Date: May 15 - Special Needs Trusts

7:00 - 8:30 PM

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.

WINGS is looking for someone to keep the community calendar on their website up to date. They are also looking for volunteers to cover one of the childcare rooms.

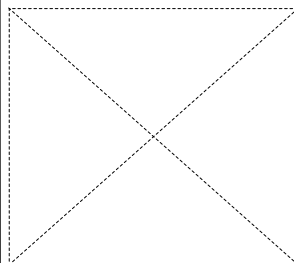
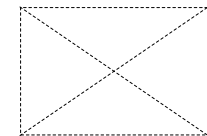
For more information, visit the WINGS website at www.wingsforflight.com

The Arc's Lending Library

More new books have been purchased for The Arc Library. Several parents have already checked out some of these new books.

Some of the titles we have added are: Mental Retardation Doesn't Mean "Stupid," My Name Is Not Slow; Youth With Mental Retardation, It's So Much Work to Be Your Friend, The Myth of the A.D.D. Child, Bad Attitude, Overcoming Autism, and Ask Supernanny.

The Arc Library is located on the first floor of the Lucy F. Simms Center. At this time, the library is open only by appointment. Call The Arc office 437.9214 if you wish to use the library, or have a title or topic you would like to suggest that we purchase.



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 RENEWAL REMINDERS

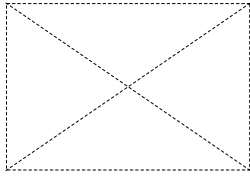
THANK YOU TO NEW MEMBERS & RECENT RENEWALS: Dr. & Mrs. John V. Barnes, Eleanor M. Campbell, Evelyn R. Campbell, Vilma V. Corchado, Liz Dahmus, Frances Edmonson, Ashley & Chad Gearing, J.D. & Becky Glick, Mr. & Mrs. Stanley Harpine, Patricia & Jerry Hilbert, Mr. & Mrs. Elwood Keener, Mrs. Iva H. Kenney, Gordon & Linda Magalis, Neil & Catherine McLaughlin, Thom Mick, Lisa R. Milliken, Dr. J & Dr. Esther Minskoff, Paula Rhodes, Mrs. Mildred Robinson, Emelita & Robert Stieber, Matthew Sunderlin, Linda & David Swartzendruber, Terry Tucker, Phyllis & Beverly Turner, Roshana Wunderlich, Mr. & Mrs. William Zwanzig

MEMBERSHIPS THAT HAVE RECENTLY EXPIRED: Rick & Cherie Bowen, Camp Still Meadows, Mr. & Mrs. Alan Claque III, Betty Coyle, Mr. & Mrs. Willard E. Dean, Sharon DeBoever, Mr. & Mrs. Courtney Dove, Frank & June Fine, Dave Flick, Mr. & Mrs. Russell W. Grogg, Anna Gutierrez, Barbara Harkins, David J. Hatmaker, William Hulvey II, Philip & Michele Judd, Dr. & Mrs. Andrew Kohen, Julia S. Lam, Susan Mansfield, Mr. & Mrs. David Merlin, Jason May, Mr. & Mrs. J.L. Miller, Roger A. Ritchie, Mildred Ryder, Mr. & Mrs. Monroe Secrist, Isabelle Sites, Rebecca Sizer, Betty Southerly, Doris S. Summers, Kaye Swecker, Michael Taylor, Mr. & Mrs. James Triplett, Pam & Phill Ungar, Steven & Dorothy Walk, Kathy Wakeman, Wylie & Diane Walton, Donna K. Warble, Gifford Wenger, Leah Wilcox, Timothy & Barbara Woodward

MEMBERSHIPS EXPIRING IN May: Althea Crawford, Al & Carolyn Falcioni, Mr. & Mrs. Johnny Garber, John E. Humphries, Dorothy & Bob Lee, Ginger McDonaldson, Lowell W. Miller, Lynn & Todd Rhea, Jim & Grace Spart, Shelby S. Sweeney

MEMBERSHIPS EXPIRING IN June: VFW Rion-Bowman Post 632, Belinda Campbell, George & Ann Homan, Jayne Redelman, Donna Reynolds, Daniel & Marie Rublee, Paul & Mary Ellen Rublee, Kendel St. John, Scott & Karen Winton, Jeanne Zimmerman

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.



THE ARC OF HARRISONBURG AND
ROCKINGHAM, INC.

NON-PROFIT ORGANIZATION
US POSTAGE PAID
HARRISONBURG, VA 22801

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Return Service Requested

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

The Arc Officers 2006-2007

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Matthew C. Sunderlin, Esq.

Vice President
Karen Casey-Winton

Secretary
Linda Neff

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Mary Ellen Chewning

Office Manager/Newsletter
Carol Hart

The Op Shop Staff

Program Coordinator

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Meri Page Downey
Beverly Mahood
Emily Shifflett
Kayte Tigert
Lori Yost

Part Time/Substitutes/Van Drivers
Janet Maasch
Thom Mick

Assistant
Dick Simon

**The Arc Annual
Membership Meeting
& Covered Dish
Supper**

Thursday, June 14

6:30 PM

**The Lucy F. Simms
Auditorium**

**Please bring a
covered dish to
share**

If you no longer wish to receive our newsletter, or you are receiving duplicate copies, please call The Arc office at 540.437.9214, email us the correction at arc@hrarc.org, or mail this page back to us marked "remove." Thank you.



Community Partner