Important Dates:

April 15  Baseball Game, Veterans Memorial Park 6:00-8:30 pm
April 16  Handbell & Dessert Concert, Asbury UMC, 6:30 pm
April 22  Harrisonburg Faith & Light, 7:00 pm, Trinity Presbyterian
April 23  Handbell Concert, Asbury UMC, 2:00 PM
April 27  Special Needs Trusts and Future Planning
April 29  Baseball Game, Veterans Memorial Park 6:00-8:30 pm
May  6  Broadway Faith & Light, 7:00 pm, Zion Mennonite
May 13  Harrisonburg Faith & Light, 7:00 pm, Trinity Presbyterian
May 20  Cook Out, Westover Park Shelter #1, 6:30-8:00 pm
May 26  Special Needs Trusts and Future Planning
June  6  Membership Meeting and Cookout, Ralph Sampson Park Shelter #2, 6-8:30 PM

Participant News

Dianne Fulk, Administrative Director  
arc@hrarc.org

Hope is our latest participant to get hired outside of the Op Shop. She started working in March at the Dairy Queen at Harmony on Tuesdays and Thursdays. She is still in training and learning new skills such as wiping tables, taking orders to people, taking out the trash, sweeping and mopping and cleaning the drink machines. Her favorite job is taking the food to the people because they are friendly to her and sometimes they give her tips! She said she wanted a job in the community in order to make more money to pay bills and for extra spending money to shop and get her belly button pierced. She likes her uniform which is a shirt with black pants and includes a hat. Doesn’t she look sharp? Hope really likes it when she gets to go outside (when the weather is nice) to take out trash, wipe down the outside tables and clean windows. She said the people she works for and her co-workers are really nice! She is really glad that she got hired at Dairy Queen and invites you to come see her!

Blossoms of Springtime

Participants in the day support programs at The Arc and Op Shop are carefully tending to the baby geranium plants that they will put in the hanging baskets for you in time for Mother’s Day (May 8th) or to give to any of the special people in your life! Each basket comes adorned with a bow and a gift tag ready for you to give to someone special! You may choose red or pink geraniums. The cost is $20 per basket and proceeds go to help us protect and promote the human rights of people with intellectual and developmental disabilities and actively support their full inclusion and participation in the community throughout their lifetimes. We will deliver (at no extra charge) anywhere in Harrisonburg and Rockingham County on May 4th & 5th or you may pick up your flowers from 9-5 here on May 4-6th. To purchase hanging baskets please call us at 540-437-9214 x130 or visit us at 620 Simms Ave., Harrisonburg, VA 22802, or get the order information from Facebook or our website (www.hrarc.org). Orders with payments must be received by April 25. Thanks for your support!
Shasta, our community coordinator, has been working very hard to pursue new volunteer sites and other opportunities for community engagement in preparation for our pilot program for community-based services. Since the beginning of January, 2-3 staff have been going out with 3-4 individuals for both half day-and all day ventures. Activities have ranged from volunteering, eating out, recreational sites, banking, and personal choices of the clients in attendance. Our new volunteer sites have included RCPS Media Center, Salvation Army, Wellness Center, Bridgewater Retirement Center, as well as continuing our commitments with RMH, Asbury Church, and Meals on Wheels. Other partnerships we have resumed are reactivating our Rocktown Chimers, Learning music on the IPAD, and weekly dance sessions with JMU dance students. We love our JMU friends and the contributions they make toward our program.

Working with case managers, more and more of our individuals have secured competitive work outside of the Arc day program or are in the process of seeking part-time employment. We are very happy for these men and women and are happy that they enjoy coming to The Op Shop on those days they are not working. With all the coming and going with small groups and individuals spending so much time in the community, we felt it was time to schedule a half day field trip just in time for Easter. In collaboration with Fire Department Hose #4, our folks filled plastic eggs with lots of goodies. In return, the firemen hid the eggs around the site of their fire house which is located close to RMH. The Op Shop participants, as well other youth groups, had fun hunting for eggs. Everybody had a great time and a big thank you to the firemen for including us in their annual Easter project.
Notes from the Board
James Ward, President
wardj.hrarc@gmail.com

The Asbury UMC Handbell Choir is presenting a Handbell Dessert Concert on Saturday, April 16 at 6:30 PM in Slaven Hall to benefit The Rocktown Ringers of The Arc of Harrisonburg and Rockingham. Repertoire includes selections from Broadway and films performed on the church's 5-octaves of handbells and choir chimes. Admission is free with donations applied to the purchase of a two-octave set of choir chimes for The Arc’s Rocktown Ringers handbell group. Each handbell costs $50 and the total cost for the set will be $1200. Handicap accessible - Desserts include gluten-free and sugar-free options. Asbury is located at 205 S. Main Street, Harrisonburg across from the Hardesty-Higgins House. 540-434-2836 - www.asburyumc.cc. Please come out and support our folks! Thanks!

The next board meetings will be Monday, April 18, and Monday, May 16 at 6:30 PM in the Conference Room at Simms. Our June meeting will be on Monday, June 6th at our Annual Membership Meeting and Cookout at Ralph Sampson Park, Shelter #2 at 6:00PM. The public is always welcome and invited to share their comments.

Remembering A Dear Friend
Bev Mahood worked here at The Arc/Op Shop for 19 yrs. She was a compassionate, loving and caring woman. Bev always thought of others before herself, she had a beautiful smile that would light up a room, she also had a distinctive laugh that we will miss so much! We will keep her loving memories forever in our hearts.

We miss you more than you could know,
We miss your lovely smile.
The way you used to make us laugh
And make everything worth while.
We think about you everyday
And dream of you at night.
Just picturing your smile
Makes everything all right.
We often sit and wonder why
We did not say goodbye.
To say the things we needed to
The day you learned to fly.
We know you’re always with us,
Although we are apart.
But Bev, we all love you,
Forever in our hearts.

~Your Friends at The Op Shop
ACKNOWLEDGEMENTS

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

- Stephen Boots
- Robert Harper
- Suzanne Auckerman
- Todd Gardner
- Kathryn Philips
- John & Marian Bartenshagen
- Myers Ford Company
- Robert & Mary Sease
- James McHone Jewelry, Inc.
- Kristen Beachy
- Amazon Smile
- Merck Foundation
- Linda Gildner
- Steven Toyota

In Memory of Bev Mahood:

- Patricia Hilbert
- Terri Gibbs
- Dianne Fulk
- Pam & Mark Plasters
- Admiral Richard E. Byrd Middle School Hospitality Committee & Staff
- Delure Hensley

The Volunteer Centers of Virginia and the Virginia Office on Volunteerism and Community Services would like to learn about volunteerism providers and promoters in the Commonwealth so we can collaborate more effectively. They are interested in sharing news, resources, training opportunities and support. Please help them identify those involved in supporting volunteerism in Virginia by completing this brief survey. And also, please send the survey link on to others that you know are involved in recruiting, referring, managing or training volunteers, including those in the nonprofit, for-profit, faith-based, and government sectors. They look forward to a broad distribution and response, and will be happy to share the survey results with you. Thank you!

https://www.surveymonkey.com/r/Y56TGQT

COURTESY RENEWAL REMINDERS

MEMBERSHIPS EXPIRING IN APRIL: Iva Kenney
MEMBERSHIPS EXPIRING IN MAY: none
MEMBERSHIPS EXPIRING IN JUNE: Mary Ellen Chewning

Click “like” on The Arc of Harrisonburg and Rockingham page on Facebook
Becoming a Member of The Arc of Harrisonburg & Rockingham

Your membership includes membership in The Arc of Virginia and The Arc of the U.S. Your dues are tax deductible!

Name: _________________________________________  Address: __________________________________________________

City: State: Zip: Phone: ____________________________________________________________________________________

Email (for newsletter and event information): ________________________________________________________________

Individual/Family Dues: $20

Renewal □  New □

I would like to make an additional contribution

$25 ___ $50 ___ $75 ___ $100 ___ $250 ___ $500 ___ Other:_______

My gift is in memory of / in honor of: ________________________________________________________________

Send acknowledgement to: ________________________________________________________________

Please mail form with your check to:

The Arc

620 Simms Ave.

Harrisonburg, VA 22802

Thank you!

YOUR INPUT MATTERS  Heather Denman, Executive Director  execdir@hrarc.org

I am new to The Arc, the intellectual and developmental disabilities field, and advocacy. It was such an education and honor for me to travel to Richmond with parents of children with intellectual and developmental disabilities. I learned more in the two hour trip to Richmond than I have learned since I accepted my position with the Arc of Harrisonburg and Rockingham County in July of 2015. Having the opportunity to hear parents speak of their constant struggle to access services for their children was both compelling and heartbreaking. The love they felt for their children was as palpable as their frustration. They told me how often they told their story, expressed their fears for the future, and asked for help and never, ever felt heard. Words cannot adequately describe the impact our meeting with legislators had on these wonderful parents. We went to Richmond for three reasons: to thank Senator Emmett Hanger and Delegate Steve Landes for their years of support for persons with intellectual and developmental disabilities; for sponsoring the historic amendment for 5,000 Medicaid waiver slots for Virginians with I/DD; and to be heard. Landes, Wilt, Obenshain and Hangar listened. On the ride home, these parents were hardly recognizable to me - they were hopeful, they felt empowered. They came away from the capital feeling that there was a possibility their visit and their urgings stood a chance of making a difference not only for their own children and families but for all the families in Virginia who share their experience. They were finally heard. A heartfelt thanks to our legislators. While the General Assembly did not vote through the 5,000 waiver slot amendment, more slots were approved than were required by the DOJ along with other significant gains for persons with I/DD. (See enclosed summary). My sincerest thanks to all of our members. Your membership is critical to our advocacy at all levels of government. The greater our membership the greater the importance of our message to legislators. You, by virtue of your annual Arc membership have been a significant force in the advancement of the rights of Virginians with intellectual and development disabilities. We make a great team.

Special Needs Trusts and Future Planning

Karen L. Rowell, Esq. and Chad Knicely will be available to meet with you at the Arc (620 Simms Avenue) for a complimentary 30 minute introductory consultation on Special Needs Trusts and Future Planning April 27, May 26 and June 23 from 9:00 a.m. – 2:00 p.m: Schedule your appointment by calling Chad Knicely at 540-746-1761 or by email:cknicely@ft.newyorklife.com

Our thanks to each of you who supports The Arc through direct monetary donations, United Way contributions, using AmazonSmile, 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 intellectual and other developmental disabilities.
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The Arc Staff
Heather Denman, Executive Director
Patricia Dunn, Administrative Assistant
Dianne Fulk, Administrative Director
Terri Gibbs, Director of Support Services
Sharon Grandle, Director of Operations
Olivia Herrold, Direct Support Professional
Gina Hitch, QIDP/Direct Support Professional
Carolyn Jackson, Direct Support Professional
Gayle Peterman, Direct Support Professional
Shasta Rasnake, GOLD Program Coordinator
Emily Shifflett, Direct Support Professional
Dick T. Simon, Office Assistant
Rebecca Wiggins, Op Shop Coordinator
Lori Yost, Direct Support Professional

Wish List
-Laptop computer
-Breakfast bars (granola, Belvita, Nutrigrain etc.)
-Aluminum Cans to crush and sell (rinse cans if possible)
-Snacks (pre-packed i.e. animal cracker, cheese puffs etc.)
-Napkins
-Paper towels
-Plain white paper
-Plastic Forks
-Plastic Spoons
-Large clear storage tubs w/ lids
-Non-violent computer games

If you no longer wish to receive our newsletter or are receiving duplicate copies, please call The Arc office at 540.437.9214 ext. 130, email us the correction at arc@hrarc.org, or mail this page back to us marked “remove.” Thank you.