In 1987, President Ronald Reagan declared March Developmental Disabilities Awareness Month, asking “All Americans to join our fellow citizens with such disabilities both encouragement and the opportunities they need to lead productive lives and to achieve their full potential”.

**Get Involved!**

**Be Visible**

Go out to eat. Go to the movies. Go shopping. Go bowling. Go someplace you’ve never been before. Try something new. Go where people are. Destigmatize developmental disabilities by participating fully in community life.

**Pose the Question**

Ask people you know or meet, “Did you know this is Developmental Disabilities Awareness Month?” Use the opportunity to educate them about developmental disabilities. Share your own experience.

**Attend the Disability Policy Seminar**

You will get all the information you need to educate your legislators and their staffs about the priorities of the Intellectual and Developmental Disabilities community. They listen when real people make it real to them.

**Post on Facebook or Twitter**

Tell your friends and followers about the issues surrounding developmental disabilities that are most important to you.

**Become a Member**

Membership has its benefits, and the most important is that you will be part of a nationwide community advocating for full inclusion and participation of people with intellectual and developmental disabilities. Your membership in The Arc of Harrisonburg and Rockingham is only $15 and comes with membership in The Arc of Virginia and The Arc of the U.S. The membership form is on the back page. **Please join us!**
OUR MISSION
The Arc of Harrisonburg and Rockingham protects and promotes the human rights of people with intellectual and developmental disabilities and actively supports their full inclusion and participation in the community throughout their lifetimes.

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The Arc Membership Meeting will follow at 7:00 p.m.
The Membership will elect a Member to serve on the Nominating Committee that will prepare a slate of Officers and Directors to be voted on at the annual Membership Meeting in June.

Hope’s Day Out

H ope is very much her own person, not usually given to groups, large or small. She prefers to decide what she’s going to do and when she’s going to do it. Going along with the crowd is generally not her idea of a good time.

When she has a chance to bring out her creative side in something she enjoys, however, she shines! And so, as Hope pondered her Valentine plans, she decided she wanted a new hairstyle. She was going to the annual Valentine’s Dance, sponsored by The Arc and the Harrisonburg Parks and Recreation Department as part of the Teen/Adult Canteen series. She wanted a new look, and set about making the change.

With the help of Direct Support Professional Shasta Rasnake, Hope surveyed various internet sites, looking at a variety of hairstyles to find some she liked. She saw some that she knew would require more care than she wanted to give. Others weren’t suited to her type of hair. Finally, she settled on one that took advantage of her long, beautiful hair and seemed manageable on a day-to-day basis. She and Shasta printed out the photo and then began looking for affordable places for Hope to get her hair styled.

On the morning of February 13th, Shasta picked Hope up at her home and drove her to Westside Barber Shop and Hair Styling Salon for an early appointment. Hope had been saving her money for this day. It was her first time in a salon, and she didn’t know what to expect. She approached the day with a lot of excitement and a little anxiety. She just hoped that at the end of the day, she would like the result.

And she did. But while she was at it, she got even more! “I got to talk to my stylist and some of the other people there about the dance and about my cat!” she said. “And I got to meet some cool guys!”

Despite her sometimes quiet days in the Op Shop, it turns out that given the right circumstances and topics, Hope likes to make conversation. She is good at engaging people. She enjoys talking about what interests and excites her. Before she left Westside, she was already telling her stylist that she planned to save her money so she could return soon to have her hair colored blonde!

Later in the day, after the “oooo’s” and “ahhhh’s” of the participants and staff at the Op Shop who were so impressed with her new look, Hope was still talking about how excited she was. “I can’t wait to put on my dress for the dance, have my makeup put on, and show up with my new hairstyle,” she said. Shasta, who also had her hair styled at the same time, remarked how much the two of them had enjoyed the day. “It was a great girls’ day out,” she said.

In the end, Hope got the hairstyle of her dreams, and she got something even better: the beginnings of new friendships. Not bad for Friday the 13th!
Dance for the Love of It

UM Professor of Dance, Kate Trammell, believes that dance is for everyone. That’s what she teaches her students, and that’s how her Dance in Community class learns to teach dance to diverse groups. Groups like people with disabilities. Groups like participants in The Arc’s Op Shop.

That is why Professor Trammell brought her whole Dance in Community class to the Simms Center on February 12, and had them spend an hour working with Op Shop participants. They learned a variety of dances and movements. They also used scarves to express themselves. All of the music was in keeping with the theme of the day: “love”.

In March, five of the students will return several times to continue the fun and creative expression through dance.

Upcoming Programs From The Arc Resource Center

April 28—Respite Services
7:00-8:30 p.m.
620 Simms Ave., Harrisonburg

Learn about consumer-directed and agency-directed respite care options in Harrisonburg/Rockingham with representatives from Precious Times, the Department of Social Services, and The Arc.

September 23—IEP and School Transition Seminars
Noon-2:00 p.m. and 6:00-8:00 p.m.
620 Simms Ave., Harrisonburg

In order to give everyone a chance to attend both seminars, each seminar will be held twice, once from noon to 2:00 and again from 6:00-8:00. School Psychologist Dave Gibbs will also be available by appointment for individual IEP consultations.

October 7—Job Readiness Workshops and Job Fair
10:00 a.m.—2:00 p.m.
620 Simms Ave., Harrisonburg

Workshops will assist job seekers with preparing effective resumes, learning how and where to look for jobs, developing interview skills, working on the soft skills employers want, and other topics. Local employers will be present to talk about their companies and, if they are hiring, to accept resumes.

November 10—Medicaid Waivers
7:00-8:30 p.m.
East Rockingham High School, 250 Eagle Rock Rd., Elkton

Learn about the services included in the different Medicaid waivers and how to navigate the system to get the services you need.

December 1—Medicaid Waivers
7:00-8:30 p.m.
620 Simms Ave., Harrisonburg

Learn about the services included in the different Medicaid waivers and how to navigate the system to get the services you need.

Thanks to Our Generous Benefactors

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Mike & Carol Schikman

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Marcie Kline
Audrey Smith
Wylie & Diane Walton
Mr. & Mrs. William Zwanzig

Memberships Expiring in April
Tom & Therese Hilbert
Mrs. Iva Kenney
John & Connie Stiles

Condolences
James Ward and his family on the loss of his mother
Looking for Other Ways to Help? Here Are Five Easy Ones!

- **Help us keep the shelves stocked.** We always need snacks, paper napkins, towels, and plates; plastic utensils; baby wipes; and 55 gallon and 13 gallon garbage bags.

- **Buy from Amazon using Amazon Smile.** Go to www.smile.amazon.com and choose The Arc of Harrisonburg and Rockingham. After that, we will receive a donation whenever you shop on Amazon.

- **Shop with us.** Our gift shop features crafts handmade by Op Shop participants as well as all kinds of greeting cards. We’re open 9-5, Monday through Friday.

- **Become a Member or renew your Membership.** Sign up on our website!

- **Make a recurring donation.** Set it up through your bank so that it comes to us every month. It’s as easy as that!

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**Blossoms of Springtime**

Back by popular demand!

Members of our Day Support programs will lovingly tend baskets of red Geraniums for you and have them ready for Mother’s Day. Each hanging basket comes with a bow, a picture of the person who helped tend it, and information about our programs. Baskets are $20 each. You can pick them up at our office, or we’ll deliver anywhere in Harrisonburg or Rockingham County. All proceeds help people with intellectual and developmental disabilities have *A Life Like Yours*. Order today!

Name: __________________________
Address: _________________________
City: ___________________ State: _______ Zip: ____________
Email: _________________________ Phone: _______________________

I will pick up my order at The Arc’s office at 620 Simms Ave., Harrisonburg between 9 a.m. and 5 p.m. on

☐ Wed., 5/6  ☐ Thurs., 5/7  ☐ Fri., 5/8

I would like my order delivered on ☐ Wed., 5/6 or ☐ Thurs., 5/7 in Harrisonburg or Rockingham County (deliveries will be made between 9:00 a.m. and 5:00 p.m.)

☐ Deliver to the same address as above  **OR**

Name: __________________________
Address: _________________________
City: ___________________ State: _______ Zip: ____________

Mail this form with your check to The Arc, 620 Simms Ave., Harrisonburg, VA 22802. We’ll take care of the rest!