The Arc Advocate

The Arc of Harrisonburg and Rockingham promotes and protects the human rights of people with intellectual and developmental disabilities and actively supports their full inclusion and participation in the community throughout their lifetimes. For people with intellectual and developmental disabilities since 1962.

Volume 43, Issue 5
November/December 2015

Important Dates:

Nov 26 & 27 - Closed for Thanksgiving

The Arc Holiday Bazaar at the Op Shop
Thursday, Dec. 3, 2015, 9 a.m. to 7 p.m.
Friday, Dec. 4, 2015, 9 a.m. to 5 p.m.
Saturday, Dec. 5, 2015, 9 a.m. to Noon
Dec. 7, 2015, Future Planning (Atty Chad Knicely/NY Life)
6 p.m.-7:30 p.m at Simms Auditorium

The Arc Santa Saturdays
For parents and caregivers of School-age children with I/DD
Saturday December 5, 2015
Saturday December 12, 2015
From 1:00 p.m. to 5:00 p.m.
At Simms Gymnasium (Boys & Girls Club entrance)
See page 5 for details

Dec. 31, 2015 - Jan 1, 2016
Closed for New Years

The Director’s Corner

Dianne Fulk, Administrative Director arc@hrarc.org

On September 11 we were reminded of the details and the emotions that we all experienced on that date 14 years earlier thanks to Heather Counter. Heather recounted that day from her point of view and in an emotional and informational presentation took us back to that day. She reminded us how we felt to be “under attack” and how the country stood frozen as the events unfolded. She remembered how we did not know the magnitude of the attacks and that it was not just the one attack on the twin towers, it also attack on the pentagon and airplane that crashed in the field in PA. Heather went through the timing of the horrible events and honored those who lost their lives as well as those who were heroes on that day. She then played the very appropriate song “Where Were You When the World Stopped Turning?” By Alan Jackson, followed by a moment of silence. We thank Heather for her presentation and her heartfelt message and helping us to honor those we lost.

United Way of Harrisonburg and Rockingham County

IT'S UNITED WAY CAMPAIGN TIME!
Tis time to make a payroll deduction or donation

Heather Denman, Executive Director execdir@hrarc.org

The City of Harrisonburg and Rockingham Group toured The Arc with the United Way and great things are resulting!
Dee Bailey of the City of Harrisonburg loved the holiday ornaments produced by the OP SHOP so much that she decided to invite us to sell them during their United Way campaign in December. A portion of the proceeds will go to the United Way.
Courtney Spiers, an experienced mural artist, who works at Rockingham Group volunteered to assist us with a mural project for the OP SHOP during their tour! (pictured below)

THANKS UNITED WAY!
Look for a feature story on the Community Engagement grant project funded by the United Way in our winter newsletter.

Would you prefer to receive your newsletter via email?
Just email us at arc@hrarc.org with the subject line
GO GREEN
We have welcomed 8 new volunteers from JMU’s Community Service Learner’s Program and 1 intern from the Psychology Department to our center for the Fall semester. They are a young and energetic bunch and eager to work with our individuals. We also have one young lady from the Honor’s Program who is doing her practicum at The Op Shop. She has been spending 2-3 days a week here and will be planning a special project for our day support services based on what she perceives as a need that will enhance our center.

We are happy to report that more and more individuals are requesting to go out in the community to volunteer or spend part of the day shopping or attending a special event. We continue our volunteering at RMH, Asbury UM Church, and Meals on Wheels. With Halloween around the corner, I am sure many of our folks will want to visit the Halloween store in order to come up with some ideas just in time for our upcoming Halloween party. Also planned at the end of October will be a field trip to Skyline Drive to see the fall foliage and hopefully sneak a peek at some deer and other wildlife so numerous this time of year.

Now with JMU back in session, we have begun our Friday Music Therapy classes with Briana Priester as our therapist, along with Shelby and Jennifer, 2 students from the JMU Music Department. Plans are to continue teaching our individuals how to make music on the IPADs, as well as enjoy singing, playing instruments, and having a fun time. Hopefully, a few performances for the community will be planned as in previous years.

Friday’s out-to-lunch bunch from Kendal Swarzentruber’s JMU class “Surveying ID/DD Characteristics” has started up again. Four young ladies have already met students from the class at Chick Filet to dine together accompanied by a staff member. Plans are to give everybody a turn to go out to eat if they choose and to explore different food establishments throughout the city in order to give our folks an opportunity to try out different restaurants and food choices. Our DSPs and administrative staff have also been staying busy finishing up with their MANDT instruction and attending the annual Human Rights training held at Simms. More staff development and training will be conducted online throughout the year.

Terri Gibbs
Notes from the Board
James Ward, President

We are pleased to announce that Mrs. Heather Denman has accepted the position of Executive Director of The Arc of Harrisonburg and Rockingham effective November 1, 2015. We look forward to benefiting from her years of nonprofit experience.

The Legislative Forum held on September 24 at Plecker Auditorium was attended by about 50 people. Delegates and candidates alike expressed the importance of your stories. Hearing of your challenges and triumphs stayed in their hearts and minds much longer than facts and statistics. Please send your stories to arc@hrarc.org so we can communicate them to our law makers.

The next board meeting will be Monday, November 30th, dutch treat at 6:00 PM at the Wood Grill Buffet
The public is always welcome and invited to share their comments.

Resource & Respite Services
FAREWELL
Amanda Brothers, Director

The time has come for me to say good-bye. It has been a pleasure to serve you all in this capacity. I pray that the services that I was able to bring to The Arc of Harrisonburg and Rockingham have been a blessing to all of you. A very special thank you goes out to Shea Godwin for all of your support during the creation of the Resource Center, In-Home and Respite Programs and for allowing me the creative freedom to make it what it is today. And thank you Heather Denman, Interim Manager, at the time, for coming in and offering your support while I completed the licensing process for the new In-Home and Respite Services. I want to also send a special thank you to the Resource Center Advisory Council which consists of Faith Hottle, Melanie Smith, Deb Medlin, Shirley Wilbens, Gayle Brunk, and Brenda Showalter. You all gave of your time and resources to help make the seminars and workshops a reality and for that I am so very grateful. Thank you to the individuals in the Op Shop that volunteered to help set up chairs for the seminars and workshops. You all were always so willing to help me out. Thank you to all of volunteers and all of you who came out to the events to take advantage of all of the information we at The Arc took great pleasure in bringing to you. These events would not have been possible without the great speakers who volunteered their time and resources and traveled here to present what we felt was very valuable information. So thank you to all of the speakers/presenters for the great seminars and workshops. I have learned so much and I am grateful for your support.

Amanda Brothers,
Director of Resource and Respite Services
ACKNOWLEDGEMENTS

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

Stephen Boots for his continued donations through Truist.
Robert Harper for his continued donations through Truist.
Florence, Donald & Todd Turner for their Donation
Thomas Jefferson Civitan for their Donation
Greek Week Core Committee for their Donation
Anthony & Sharon Taglianetti for their Donation
Rebecca & Williams Hunter for their Donation

In-Kind Donations
Dianne Fulk
Ritchie Law Firm for Computers
Dairy Queen on Carlton Street for the Halloween Party Cake
Betty Lawhorne
Kroger
Jackie Thomas-Suggs
Wood Grill Buffet for catering Thanksgiving Dinner

What is AmazonSmile?
AmazonSmile is a website operated by Amazon that lets customers enjoy the same wide selection of products, low prices, and convenient shopping features as on Amazon.com. The difference is that when customers shop on AmazonSmile (smile.amazon.com), the AmazonSmile Foundation will donate 0.5% of the price of eligible purchases to the charitable organizations selected by customers.

How does AmazonSmile work?
When first visiting AmazonSmile, customers are prompted to select a charitable organization from almost one million eligible organizations. In order to browse or shop at AmazonSmile, customers must first select a charitable organization. For eligible purchases at AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the purchase price to the customer’s selected charitable organization.

Smile on us while you shop at amazonsmile. Because when you shop amazonsmile.
AmazonSmile gives. Thank you for your Business

COURTESY RENEWAL REMINDERS

MEMBERSHIPS EXPIRING in November: Suzanne Auckerman, Jay & Ann Brown, Charles Campbell, Weldon Click, Samuel & Jann Jones, George Weidig, Andy Whitten

MEMBERSHIPS EXPIRING in December: Belinda Arey & Lena Campbell, Dick & Gerrie Brown, Natalie Cave, Michael Conder, David Driver, Frank & June Fine, Cheryl Henderson & Fred Good, Ethelmay Keeney

Click “like” on The Arc of Harrisonburg and Rockingham page on
Become 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: $15

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!

LEGAL CONSULTATIONS

The Arc is excited to announce that Karen L. Rowell, Esq. and Chad Knicely will be available to meet with you, at the Arc, for a complimentary 30 minute introductory consultation on the following days from 9:00 a.m. – 2:00 p.m.:

- Friday, November 20, 2015
- Wednesday, December 9, 2015
- Tuesday, December 15, 2015
- And, on Saturday, December 12, 2015 from 1:00 p.m. - 5:00 p.m.

The consultations will focus on Special Needs Trusts, and Trust Funding, Guardianship, Power of Attorney, Advance Medical Directive and Estate Planning. Time slots will be available on a first come, first serve basis, and can be set up by calling Chad Knicely at 540-746-1761 or emailing at Cknicely@ft.newyorklife.com. These consultations will benefit families of Special Needs Individuals of all ages.

Karen Rowell is an Estate Planning Attorney at the Law Offices of Layman and Nichols. Chad Knicely is a local Agent/Registered Representative with New York Life Insurance Company. Karen and Chad have both worked with Tia Marsili, the Director of the Arc of Northern Virginia Special Needs

Santa Saturdays

for parents and caregivers of school-age children with I/DD

Leave your child and his or her siblings with trained respite workers and JMU volunteers for holiday fun and games while you shop ‘til you drop

**WHEN?**

- Saturday December 5, 2015
- And Saturday December 12, 2015
- From 1:00 p.m. to 5:00 p.m.

**WHERE?**

Simms Gymnasium
(Boys & Girls Club entrance)
Limited Space, Pre-registration Required

Call (540) 437-9214 ext. 133

*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.*
The Arc of Harrisonburg
and Rockingham, Inc.
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The Arc Officers
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James Ward
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Dianne Fulk, Administrative Director
Terri Gibbs, Director of Day Support Programs
Patricia Dunn, Administrative Assistant
Sharon Moore, Resource Center Assistant
Dick T. Simon, Office Assistant
Rebecca Wiggins, Op Shop Coordinator
Shasta Rasnake, GOLD Program Coordinator
Beverly Mahood, Direct Support Professional
Gayle Peterman, Direct Support Professional
Emily Shifflett, Direct Support Professional
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.