Upcoming Arc Events

Blossoms of Springtime  
*May 10-12*  
(order form on page 4)

55th Anniversary Celebration Breakfast  
*May 5,* at the Lucy F. Simms Continuing Education Center

ArctoberFest  
*September 30,* Downtown Harrisonburg

*See page 5 for more event details

Upcoming Canteen Events

April 25,* JMU Baseball game,  
Veterans Memorial Park 6-8:30pm

May 19,* Cookout, Westover Park shelter 1, 6:30-8pm

Birthdays

Celebrating Above: Heather and Hope Below: Dylan, Shayne, Kelly, Terri and Tish

The Arc Annual Art Contest

Individuals of any age who live in Harrisonburg or Rockingham County were invited to participate in our annual art contest. Artists and their families, were invited to a reception and gallery display of all artwork on March 17.

The People’s Choice Award was awarded to Hope Sutliff (“Eminem”) and Luis Andre Beeton Torres (“Summer Day”). Attendees of the art reception determine the recipient of the award by voting for their favorite piece of art.

First Place Landscape  
High School Division  
“Summer Day”  
Luis Andre Beeton Torres  
Harrisonburg High School

First Place Abstract  
High School Division  
“Circle Art”  
Odulia Gurrusquieeta-Ramirez  
Harrisonburg High School

First Place Collage  
Out of School Division  
“Spring Time”  
Larry Lawhorne

First Place Landscape  
Out of School Division  
“Untitled”  
Dick Simon

First Place Abstract  
Out of School Division  
“Simms Building”  
Ashley Hevener

First Place Portraits  
Out of School Division  
“The Joker and Harley Quinn”  
Mary Lee Merryman

Special thanks to the Harrisonburg Rotary Clubs for painting an amazing mural designed by JMU student and artist, Sarah Phillips, to commemorate the Op Shop for MLK Jr. Day.

The JMU International Leaders in Education Program visited The Arc in February and shared their customs and their experiences with teaching in their home countries.

Like The Arc of Harrisonburg and Rockingham on facebook
News From The Road
Following SpArc, Our Community Engagement Program

SpArc takes people into the community in small groups to volunteer, explore the community, practice their skills in real-world environments, meet people and develop natural supports.

LEFT: We dusted off our dusters and brought back one of our favorite crafts this quarter. Dusters and other handmade crafts are available for purchase at the Lucy Simms Center. They make a great gift for any occasion.

RIGHT: Justin enjoys playing basketball in the gymnasium.

LEFT: Dylan, Steven and Jeremy (left) pay a visit to the Easter bunny.

RIGHT: Reevie poses with a friend while volunteering for Meals on Wheels.

LEFT: Kelly greets a friend at the Green Valley Book Fair.

FAR LEFT: Kaitlyn, Jeremy, and Darrest visit the JMU Arboretum.

LEFT: Mark, Meghan and Hope at VMI for Special Olympics.

RIGHT: Puppeteers Ashley, Heather, Janet and Dick perform a Kids On the Block skit for a group of children at A Dream Come True playground.
NOTES FROM THE BOARD

James Ward, President

On Advocacy ...

On Tuesday March 28th, Heather Denman and I traveled to D.C. to advocate for Medicaid and the Medicaid Waiver program. Both are important for the lives of those with disabilities. We met with a Legislative Director, Lindsay Black (photo right), at the office of Congressman Bob Goodlatte. We had an excellent conversation and will continue to keep an open dialogue with his office. The hill was swarming with people advocating for various causes, and the buildings were practically humming. The energy of the budget and bill debate was intense. It was apparent that our voices were being heard.

We strongly encourage you to contact your state representatives in Richmond and DC. Let them know about the journeys of those with disabilities and those who care for them. What role has a Medicaid waiver played in the lives of those you know? Please share those stories. Many seem to think that there are programs in place for those with disabilities, and that they are all automatically covered—that services just somehow happen. Let them know people are not automatically covered! Services don’t just happen! Just ask anyone on the Medicaid Waiver wait list. Our local waiting list is approaching 200. Our statewide wait list is approaching 12,000.

It has taken a great deal of advocacy, law, and work to increase the options available to those with disabilities yet many still lack services and many are unaware of their options. There is still much work to do. If you want to be an advocate, but are unsure what to do, please become a member of the Arc of Harrisonburg and Rockingham. The greater our membership, the greater our voice. If you would like to accompany The Arc on an advocacy visit with our legislators, please contact us. They need to put faces to the need, you can help us do that.

As for The Arc, to continue to serve and improve services, we must become less dependent on Medicaid funding. We have a number of special events planned for the near future to diversify our funding sources. There will be a number of volunteer opportunities to serve on planning committees and/or to help with manning these events. If you would be interested in volunteering in some capacity, please contact us. Volunteers are always welcome.

THE DIRECTOR’S CORNER

Heather Denman, Executive Director

We are GROWING!

When The Arc’s only program was the Op Shop, we were limited to a maximum of 30 participants due to space. Now, in addition to center-based day support (Op Shop), we provide In-home, Respite and Community Engagement (SpArc) programs and serve 44 people with intellectual and developmental disabilities (I/DD). In honor of our 55th anniversary, our goal is to serve 55 people by year end!

The number of participants we can serve in community engagement is limitless—or, at least, it is not restricted by room size—the community is our new “space”. Every day, teams of up to 3 participants and a trained, direct support professional venture out into the community to explore what is possible for people with I/DD. We are learning that anything is possible. Community exploration is helping people discover they have a place and a purpose. Through volunteer work they learn that they can be a valuable part of a team effort, that they can do things they never knew they could, and they can make a difference through their efforts. Everyday we see them becoming more independent and engaged. They are all making new friends, acquiring employable skills and developing natural supports in the community.

The only limits to our ability to serve more people is transportation. For every 3 people we serve, we need a vehicle. Thanks to a grant from the Department of Behavioral Health and Developmental Services (DBHDS), we have 2 brand new 4-passenger vehicles (photo below) to add to our small fleet of buses and mini-vans with lifts. As a result, we are able to engage 2 more SpArc teams! The Arc will receive 2 more minivans with lifts this summer, made possible by a Department of Rail and Public Transit (DRPT) grant with matching funds from DBHDS and a City of Harrisonburg Community Development Block Grant. Thankyou!

Welcome to all the awesome new staff we hired to support this growth: Director of Admin and Finance—Loren Breeden; SpArc QIDP—Emily Roberts; and In-home DSPs: Cambry Martin; Emily Burke; and Katherine Penn.

Fond Farewells to Dianne Fulk and Olivia Herrold who have found new challenges.
Blossoms of Springtime

Members of our Day Support program will lovingly tend baskets of red and pink 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 will deliver anywhere in Harrisonburg or Rockingham County. All proceeds help people with intellectual and developmental dis-abilities live A Life Like Yours.

Name: ____________________________
Address: ____________________________
City: ___________________ State: _______ Zip: ____________
Email: ____________________________ Phone: ____________________________

I would like the following: # of Red Hanging Baskets_____ # of Pink Hanging Baskets_____

Please use a different order form for each unique delivery address.

☐ 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
  ☐ Wednesday, 5/10  ☐ Thursday, 5/11 ☐ Friday, 5/12

☐ Please deliver my order on ☐ Wednesday, 5/10, or ☐ Thursday, 5/11, 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 by May 1, 2017, to The Arc, 620 Simms Ave., Harrisonburg, VA 22802.

Thank you for making life more beautiful for people with intellectual and developmental disabilities!

Become a Member of The Arc of Harrisonburg & Rockingham

Membership includes membership in The Arcs of Virginia and The U.S. and, most importantly, you add to The Arc’s collective voice which is critical in shaping solutions to resolve the problems in Virginia’s I/DD service system. Our legislators listen when The Arc advocates on behalf of persons with I/DD because we speak on behalf of our members – their voters. Please (re-)join us in attaining our vision of a community where people with disabilities are valued as classmates, coworkers, neighbors, citizens and friends!

Name: _________________________________________ Address: __________________________________________________
City: State: Zip: Phone: ____________________________________________________________________________________
Email (for newsletter and event information): _________________________________________________________________

Individual/Family ($20) ☐ Business ($50) ☐

☐ Renewal ☐ New Membership ☐
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:
Name: ____________________________________________________________

Friendly Renewal Reminder

April: Iva Kenney May: Larry Bowman, Ron Carrier, Rudy Long June: Mary Ellen Chewning, Neil Hall
Your generous contributions allow us to continue our mission and to help create a better life for persons in our community with intellectual and other developmental disabilities.

12%

Students with disabilities comprise less than 12% of high-school students nationwide. But represent 75% of students restrained, 58% of students who are secluded and 13+% of students subject to out of school suspension.

**CONTRIBUTORS**

Stephen Boots
Larry & Jennifer Bridges
Aletha Crawford
The Denton Family
David Driver
Frank & June Fine

Todd Garner
Edward and Diane Garrison
Robert Harper
Andrew Kohen
Charles & Helen Leach
Bill & Phyllis Mason

McHone Brothers
The Merck Foundation
Dick Richardson
Shelby Sweeney
Wall Residences
Dr. and Mrs. Larry Witten

The Community Foundation of Harrisonburg & Rockingham County

**Save the Dates**

**ArctoberFest**

First Annual
German Beer and Wine Festival
September 30, 2017
3pm-8pm
Turner Pavilion, Downtown Harrisonburg

Entertainment
Music
Food Trucks
Family Activities
Photo Booths
1k & 3k Fun Runs
## The Arc Board

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>President</td>
<td>James Ward</td>
</tr>
<tr>
<td>Vice President</td>
<td>Carroll Ward</td>
</tr>
<tr>
<td>Secretary</td>
<td>Jennifer Bridges</td>
</tr>
<tr>
<td>Treasurer</td>
<td>Jan Rhodes</td>
</tr>
<tr>
<td>Directors</td>
<td>Betty Jo Acker</td>
</tr>
<tr>
<td></td>
<td>Vanessa Keasler</td>
</tr>
<tr>
<td></td>
<td>Patty Knicely</td>
</tr>
<tr>
<td></td>
<td>John Krall, Esq.</td>
</tr>
<tr>
<td></td>
<td>Linda Magalis</td>
</tr>
<tr>
<td></td>
<td>Sandy Minskoff</td>
</tr>
<tr>
<td></td>
<td>Kate Renalds</td>
</tr>
<tr>
<td></td>
<td>Dick Simon</td>
</tr>
</tbody>
</table>

## The Arc Staff

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Transition Coordinator</td>
<td>Deborah Armentrout</td>
</tr>
<tr>
<td>Administrative Director</td>
<td>Loren Breeden</td>
</tr>
</tbody>
</table>

## Wish List

- Breakfast bars
- Bandaids
- Napkins
- Plastic forks & spoons
- White copy paper
- Individually packaged snacks
- Large clear storage tubs w/ lids
- Rinsed aluminum cans for recycling
- Trash can liners (13 & 45 gal)
- Non-violent computer games
- Colored Pencils
- Paper towels
- Insect Repellent
- Sunscreen

---

Our Condolences to:
Emily Shifflett and family on the loss of their mother

The Charlie Wampler Family