

*"I am NOT a product of my circumstances. I am a product of my decisions."* ~ Stephen Covey

## DRUMMING

The Arc is excited to introduce yet another new program. Get ready to have your mind waves change rhythm. The Arc will be offering drumming on Tuesday, November 20th at 6:30 p.m. Dave Despot, experienced drum teacher with The Joy Drummers, along with Gloria Minori, will be sharing the basics of tapping and keeping rhythm.

Everyone is welcome. We have a limited amount of drums and will rotate turns if all of the drums are distributed.

Drumming began in China but is more widely recognized as originating in popularity by the West African culture.

Drumming is reported to accelerate physical health and boost the immune system. Research by professionals in the music therapy and mental health fields indicate that drumming can reduce stress, anxiety and tension. Brain patterns shift when exposed to a consistent, steady beat.

The class is free for all members and only \$5 for non members of The Arc. The Arc Angels chorus practices immediately before the drumming class so why not plan to make it to both programs for an evening of upbeat and lively entertainment?

## DO NOT BE CAUGHT OFF GUARD

There is an invaluable training occurring on November 8th. The Arc STRONGLY encourages everyone to register. If you have attended a preparedness training in the past, join us for some new information and data. It would be foolish to assume that everyone will be taken care of in the event of a personal emergency or natural disaster. It would be foolish to think that parents can always rescue their child. It would be foolish to assume staff will remain present and not head to their own homes. Statistics reveal that the people most left in distress following any emergency are people with disabilities. Do not be a statistic. Learn independent skills that may save your life. See below and back page for more details.



**WHEN**  
Thursday, November 8th, 2018  
8 am - 1 pm

**WHERE**  
The Arc of Blair County  
431 Jackson Avenue, Altoona, PA, 16602  
814-946-1011

**WHO**  
Open to the public  
INCLUDING: self-advocates • family members • caregivers • agencies & providers • support coordinators • direct care staff

### NO COST

- Interactive Training
- Free Continental Breakfast
- To Go Kits
- New Apps
- First Responder Meet-and-Greet
- Reports from people displaced by floods

### NEW INFORMATION

If you have already been to an emergency planning training, we are taking it up a notch to share the latest information and data. More in-depth scenarios and group activities will be provided.

### WHY ATTEND?

What will you do about leaving pets behind during an evacuation? How will you use oxygen tanks when there is no power? How will you transport wheelchairs in hazardous conditions? Learn how to take care of yourself or your agency in different

## Candy Making

Georgina Sible, Arc board member and volunteer extraordinaire who assists with all of the dances, makes the most delicious homemade chocolate candy.

The Arc has begged Georgina to share her secret and we hope everyone can attend on Tuesday, November 27th, from 6:00 p.m. to 8:00 p.m. for a candy making class. You MUST register for this class so enough supplies are ordered. The cost is free for Arc members and \$5 for non members.

This class comes just in time for the holidays to make and give as gifts. Several different types of candy will be made and ideas for variations will be shared. We will play Christmas Carols at the end of the class as we sample what we have made.

## Halloween Bash

There was a nice crowd at the Halloween dance. So many wonderful and creative costumes! The winners of the homemade costumes included: Rochelle Replogle - Hearts; Katie Burk - Cat; and Christina Polito - Pretzel. Each won a \$25 gift card.

There was also two dance contests: Dance Contests Winner Number 1 to "Casper Slide" - Barbara Cherry and Contest Winner Number 2 to "Shout" - Sandra Shaw. Again, both won \$25 gift cards. In addition, two lucky people went home with the raffle prize, each taking home over \$35 in cash. One of the winners was The Arc's very own Camey Wilt! Congratulations to all.

A very big thank you to our DJ Sweetness (Emily Albright) and her side kick DJ Smooth (Jonah Brandt) plus our very loyal, faithful and trusted event planners Georgina and Jenda Sible. We would be lost without you! This year the entire Albright family lent a much needed hand and the St. Rose Youth Group brought over 15 people! Everyone commented on Spring Cove Special Education Director and Arc board member Harry Gregg who brought his two adorable young daughters to assist and keep us in line. It truly does take a village to make the dances come together. Thank you one and all.



The three costume winners, Katie Burk, Rochelle Replogle and Christina Polito



Good Friends,  
Good Times



Our Kitchen Crew Volunteers



Dance Contest Winners Barb Cherry and Sandra Shaw



## **CLASS SCHEDULE for November 2018**

Your main source to discover information is The Arc website, [www.thearcblair.org](http://www.thearcblair.org). This is where everything is posted, including cancellations (posted after 4 p.m.). If not listed it means the class is still on.

**Drumming** - *New Class. See inside newsletter for details.*

**Candy Making** - *New Class. See inside newsletter for details.*

**Monday's: Craftin for Profit** - *Specialty Crafts and art projects. November Schedule is: November 5th and 12th at 3:00 pm; November 19th and 26th at 6:00 p.m.*

**1st Monday - Cooking Class** - *6:00 p.m. November 5 at 6:00 pm*

**2nd Monday: Craft Class with Ramona** – *6:30 p.m., November 12. Regular monthly class with Ramona.*

**1st and 3rd Tuesday: Chorus Arc Angels** - *Tuesday's at 5:30, November 6 and 20. LOCATION CHANGE for the November 6 class. See update below.*

**Wednesday's: Line Dancing** – *Wednesday's at 6:30 pm. Bring water. NO CLASS OCTOBER 31 or November 21.*

**Thursday's: Square Dancing** – *6:15 pm Thursday Nights. Bring water. NO CLASS NOV 22 - Thanksgiving.*

**All are welcome to any activity but must pay \$5 per class if not an Arc member.**  
**This includes dance classes.**

### **CHORUS LOCATION CHANGE**

The Arc is a polling site and the voters will be using The Arc building the first Tuesday, November 6, which falls on the regularly scheduled chorus practice. Pastor Evey has graciously offered her church so we can prepare for upcoming Christmas concerts. The time remains the same, 5:30 p.m. We will meet at Wehnwood United Methodist Church, 2511 Juniata Gap Road, Altoona (across from Pizza Hut and Mallow's Hardware, heading toward Penn State Altoona campus). An Arc representative will stand outside indicating which door of the church to enter.

This is a one-time change due to The Arc building not available because it is an election site. The chorus practice on November 20 will return to The Arc.



**More Halloween Dance Photos**



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*Achieve with us.*

Non Profit Org  
U.S. POSTAGE  
**PAID**  
Altoona, PA  
Permit # 218

Current Resident or

# Emergency

# Planning The Next Level



Do Not Miss This Valuable Training!

Thursday, November 8th at The Arc  
8:30 a.m. to 1:00 p.m.

No Cost

Register at [www.thearcblair.org](http://www.thearcblair.org)  
and click on the training page

More details on the front page of the newsletter