

Winter Quote: "If you only walk on sunny days, you will never reach your destination."
~ Paulo Coelho

Let's not let fear from social media and news outlets prevent us from living our best life this winter. Many places remain open with lots to do - yes - even during the winter!

Calling all Artists, Crafters, and Artisans

for the Bring on Spring

Craft fair and fundraiser
to benefit The ARC of Blair County
Saturday March 16th 2019
10am - 6pm
@ The Arc of Blair County
431 Jackson ave. Altoona, PA 16602

Open to all artists and crafters. Spaces are 10x10, one table and 2 chairs are included with a 30.00 fee and a basket raffle donation [20.00 min value.] Indoor event

For more information or to obtain a registration form please contact:

Cortney Himes
412-606-7035
crtleanne@gmail.com



Achieve with us.

Support The Arc Artisan and Craft Show

The Arc has taught advanced craft and wood working skills throughout the past year. It is now time to proudly display everything that has been made in the program.

Students are diligently working on a variety of items. Each person is required to make something different to sell. The support of Arc members and the public is needed to support their endeavors. Please plan on shopping that day. If you are a vendor, please consider setting up a table.

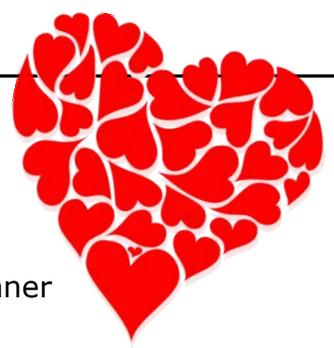
Each student will be able to keep all profits from their individual booth at the show.

There will also be food, music, and plenty of other creative selections to browse.

Let's get ready for spring by supporting the hard work of the students and reserving Saturday, March 16, for a fun day!

Valentine's Dinner Dance

It is probably appropriate that Valentine's Day is celebrated in February because it gives us something to look forward to in the midst of the winter cold. A time of festivity and celebration. The Arc will be a place of warmth and light on Friday, February 15, as we celebrate the holiday with a full dinner followed by dancing.



Please do not eat prior to coming to the dance as we have a full menu slated to serve. Doors will open at 5 p.m. and dinner will be served at 5:30 p.m. This is the one time per year that we bring the dinner directly to your table.

We encourage everyone to dress in their 'Sunday Best' as we make this a more formal dinner dance. There is no need for suits or cocktails dresses (though many people do dress very eloquently) but we ask that you **refrain from wearing jeans and t-shirts.**

While we wait for dinner to be served, we will be making spring cards at our tables. The cards will be delivered to residents in nursing homes to place in their rooms so they know that others are thinking of them and sending love during the cold days of winter.

Dancing will take place following dinner. The evening will conclude at 8:00 p.m. We hope you can join us!

* note * The Arc has never canceled a dance and hope we never have to. Please check The Arc website the day of the dance at www.thearcblair.org for any weather updates.



ADVOCACY CORNER:

Autism on the Seas offers vacation packages for individuals, and their families, diagnosed with Autism, Down syndrome and other disabilities. Visit autismonthesea.com

The U.S. Department of Education announced that it had rescinded a package of guidance documents related to school discipline. The guidance detailed how, among other things, educators should prevent discipline from being administered in a way that disproportionately impacts minority students and those with disabilities. The Arc strongly opposes the rescission of the package of documents that provide helpful guidance for schools, but emphasizes that the obligations for schools under existing civil rights and education laws remain in effect.

Need some joyful news? Check out joyfulnoisechorus.org and be ready to be inspired! The Arc of Blair County would love for its chorus group to perform more throughout the community!

CLASS SCHEDULE for February 2019

Your main source to discover information is The Arc website, 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.

Valentine Dinner and Dance: See inside newsletter for details.

Monday's: Craftin for Profit - Preparation for craft show March 16. Specialty Crafts and art projects. February Schedule is: February 4 and 11 at 3:00 pm; February 18 and February 25 at 6:00 p.m. Typically, the first two Monday's of each month the class begins at 3 pm and the last two Monday's of each month the class begins at 6 pm.

1st Monday - Cooking Lessons - 6:00 p.m. February 4

2nd Monday: Craft Class with Ramona – 6:30 p.m., February 11. Regular monthly class with Ramona.

1st and 3rd Tuesday: Chorus Arc Angels - Tuesday's at 5:30, February 5 and February 19

Drumming - 3rd Tuesday of the month: February 19 at 6:30 p.m. (follows Chorus)

Wednesday's: Line Dancing – Wednesday's at 6:30 pm. Bring water.

Thursday's: Square Dancing – 6:15 pm Thursday Nights. Bring water. NO CLASS January 3

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

This includes dance classes. Smoking is ONLY permitted in the back patio where there is a receptacle located to dispose of the cigarette waste. Anyone not properly disposing of tobacco products will be asked to leave the program.

Help Needed

Last month The Arc reported on the issue of cigarette butts being found throughout the property instead of in the receptacle provided on the patio.

This month it is necessary to discuss another issue. The Arc had to pay several hundred dollars to have the toilet in the men's room replaced. Unfortunately, someone became very rough with it and literally cracked the porcelain in half.

The same evening the toilet was broken, and three other times in the past year, human waste was left on the floor and walls of the men restroom. This is a health and safety issue as it is very unsanitary for someone to be tracking waste on their shoes and then throughout the building.

The Arc completely decontaminates the men's restroom and the floors throughout the building following each incident. However, we have developed a new policy. During Arc programs, activities, or dances, a family member or support staff is required to accompany men into the restroom and verify that the restroom is properly used. We are not certain if this is one person causing the incident or several people with the same situation. However, The Arc will not put the health of those present at risk by someone not properly toileting. The Arc has never had any such incidences occur and not sure why it began this year. Until we discover who or why this is occurring, we must take precautions.

Your help in ensuring there are no more problems would be appreciated. There has not been any issue with the women's restroom (thank goodness).

Current Resident or



**PHOTOS ON THIS PAGE ARE
PEOPLE PREPARING FOR
THE BIG CRAFT SHOW ON
MARCH 16!**

More details front page

