

***"I will never apologize for being me. YOU should apologize for asking me to be anything else."***

~ Unknown

## **Learn New Skills, Make New Friends, Earn Extra Money**

Crafting for Profit has started off on a successful note. This new program is designed to teach employment skills, foster friendships, and earn money for members.

Every Monday we are providing you an opportunity to create something and then sell it next spring. The Arc is viewing this as a small business venture with nothing to lose. The Arc will provide the materials, the instructions, and the space.

The Arc's artistic director, Cortny Himes, that many of you have come to know and love through our knitting, sewing and art classes, will design a project each week. The projects will vary from wood working to pottery to painting to sewing, maybe even some baked goods. The ideas are endless. Everything you make The Arc will hold onto and store for a big show next spring.

If you already have a craft can bring it with you on to do the craft that Some of The Arc members making items at home or



Throughout the year we readiness skills such as counting money and customers, shaking about the piece of art or the craft being sold, proper dress, and more.

that you enjoy doing, you Monday's. You do not have Cortney has designed. have already started doing a craft they enjoy.

will be practicing job greeting customers, giving change back to hands, communicating

You can come as little or as often as you feel like. This will be a loose class. Arrive and begin working on a project you started but didn't have time to finish, bring something from home that you have been working on, or start the project of the week. The more you attend, the more pieces you will be able to display at the craft show which means potentially selling more items and making more money.

In March of 2019 we are holding a craft show at The Arc. Invitations will be extended to everyone in the region who crafts. Many of the professional crafters to be invited do this as a lucrative side job and some as a full-time career. The public vendors will be charged to rent space at The Arc for the show. However, anyone who has participated throughout the year in our Crafting for Profit program will not need to pay for table space. All of the money you make selling your creations will remain with you to keep for yourself.

You have nothing to lose and everything to gain by participation in the program. The Arc will pay for all materials for you. The Arc will pay for all the advertising for the craft show. You do not have to pay to rent a table at the craft show. And you get to keep any money you make from the craft show!

**June's schedule is: June 4th and 11th at 3:00 pm; June 18th and 25th at 6:00 pm**

## Calling all self advocates, family members, and support agencies.

A great opportunity is occurring to share what is on your mind, what the needs are of a person with a disability, or his/her family, the struggles of support staff and agencies, and to be a voice for change!

Come and be a voice on Friday, June 1, at 10:00 a.m. Senator Casey's office is sending his disability policy director, Michael Gamer McCormick, to The Arc. He wants an informal gathering where he can hear our concerns and then he will take this back to the senator so they can look at policy change.

Michael specifically stated he wants to listen and not to present. The Arc will provide snacks. Please **RSVP to 946-1011 if you think you can come for 1-hour.**

## BOCCE is BACK!

Summertime means outdoor and outdoor means Bocce at The Arc! We are back, along with our trusted leaders Darlene and Cletus Wilt, for another fun summer of relaxing bocce play.

We have moved the night to Monday's from 5 p.m. to 6 p.m. Afterwards, stay for our craft class or our Crafting for Profit program. Bocce is very similar to bowling. It is a relaxing game, especially played in the lush surroundings of The Arc's backyard. Feel free to pick herbs or vegetables from The Arc garden beds once they start to grow or sit by the water fountain and let your senses bask in the beauty that is The Arc backyard.



We want to see more people out moving this summer! Start slowly with the ease of bocce.



## CLASS SCHEDULE for June 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.

**Monday's: Craftin for Profit - Specialty Crafts and art projects.** June 4 and June 11 from 3 pm to 5 pm and June 18 and 25 from 6 pm to 8 pm. More details inside newsletter and on Arc website.

**Monday's: Bocce** -We are back for summer! We are moving to Monday's from 5 pm to 6 pm beginning June 18.

**2nd Monday: Craft Class** – No class in June. Vacation time! See you in July!

**1st and 3rd Tuesday: Chorus Arc Angels** - Tuesday, June 5 and June 19 at 5:30 pm. Please note June 19th is off site for a live performance!

**Tuesday's: Acting Troupe** - Tuesday's at 6:30 p.m.

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

**Thursday's: Square Dancing** – 6:15 pm Thursday Nights. Bring water.

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

## Zumba Anyone?

We have had many suggestions to offer Zumba. We have offered specialized classes for short runs in the past and had a nice turn out. The problem is, we cannot find a night that is free on a regular basis! We are going to 'test' the waters to determine the level of interest and if everyone who suggested Zumba will actually try it.

Come to The Arc on Monday, July 16, from 6:00 to 7:00 p.m., and 'get your groove on'. Pam McConnell, a long time educator and long time Zumba instructor wants to meet everyone and teach her accommodating Zumba class. Pam is able to adapt Zumba for anyone using a wheelchair and for anyone with mobility concerns.

Zumba music is upbeat and typically gets the mood elevated. Please note that this trial class is not until July. We wanted to give everyone plenty of advance notice.



The Arc offered multiple trainings this spring. Two of the seminars were specifically geared toward parents and guardians. It is the hope of The Arc that people appreciate the value of being able to attend knowledgeable trainings at no cost right in our own county. Many times while advocating we hear the concerns of parents. Yet, to be truly effective in planning and receiving support services, it is the responsibility of self-advocates and family members to learn as much as possible about different topics.

Many thanks to Attorney Tom Forr, Attorney Amos Goodall, Ryan Buxton from the State Treasurer's Department, and Ryan Platt from the Special Needs Plan of North Carolina for their time and expertise presenting on trusts, guardianship and the Able Act. A special shout out to board of director member Neil Hollander who was the tech guru of the evening.

Parents took the lead at the Parent to Parent Night. Thank you to our parents willing to share their stories: Kathy Custren, Angela Bucher, Janice Moist, Jane Burgett, and Mary who represented I want to Work. This evening was in partnership with John and Juniata Seely from Empowering Lives Foundation and a thank you is extended to them as well as Katie Fiore, Steve Martnyuska and Shanon Quick who represented various agencies and provided more knowledge.



**The Arc of Blair County**  
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## **MEMORIAL DAY PLANS**

For many of us, Memorial Day is a highly anticipated holiday, signifying the unofficial start of summer. But for our nation's history it is much more than that. Originally known as Decoration Day, Memorial Day is a day of remembrance in honor of those who have died to obtain and preserve the freedoms we enjoy every day.

There have been 1, 354,664 Americans in uniform whom have either been killed under arms, or died performing military service other than combat, since 1775. That is over million people who sacrificed their life so we could live ours.

As you munch on potato salad or enjoy refreshing watermelon this Memorial Day, please take a moment to reflect on the gift bestowed on us by others. There are many gravesites that have flags indicating that the person laid to rest served our nation. Many of those same graves sit empty without any flowers. Wouldn't it be remarkable if some of those graves would have flowers on them this Memorial Day to acknowledge that the person's contribution to our nation is still valued?