

ARC 2014 MEMBERSHIP

Name: _____
Address: _____
City, ST, Zip _____
Phone Number _____
e-mail address? _____
Circle: Self-Advocate (\$10) / Family-Other (\$20) / Donation \$ _____

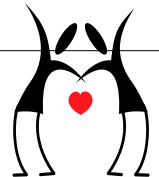
Please mail, or bring your membership to the dance.
You will help cut our expense of renewal letters and
receive a gift at the Christmas Dance.

Check Your Interests

- Dances & Flyers
- Self-Advocacy Mtgs.
- Legislative Information
- Family Support Group
- Aktion Club
- Representative Payee
- Transportation
- Petitioner /Fund-raiser
- Advocacy/Resources



ARC's Valentine BBQ



The Elk's club will again be sponsoring our Valentines Dance on Sunday, February 16, 2012, from 1 – 3:30 PM. Our plans are in full swing and DJ John Saltis has been called to provide the music.

The Elks club is on Pleasant Street in Rutland. Please call the office so we may have a head count of people attending. You must RSVP, it will ensure that everyone gets served lunch. It is very important to RSVP, we have been short because some folks came without calling in. If you need a ride, let us know when you RSVP, will try to connect you with a ride.

Membership cards for the year 2014 will be available at the door; bring \$10, become

a member or renew your current membership. Non-members will be asked to give a donation at the door. Everyone is encouraged to attend our dances, whether you're a member or not. Young through Old, Come "dancing" with us!

ARC staff and board members reserve the right to ask anyone exhibiting inappropriate behavior to leave the dance. Individual's support person is required at dance if they are not able to be left unattended.

The food is set, the DJ too, even the hall is getting ready to be decorated. Are you coming? Give us a call.



Terry Stevens received the
2013 Maggie Pak
Member Achievement Award

THINGS TO DO AND KNOW:

- ♥ Much information is shared by e-mail, send your request for info. to: arcutlandarea@myfairpoint.net.
- ♥ ARC board, staff, and members thank everyone for Christmas donations.
- ♥ Self-Advocacy on 2nd Tues., learn to; speak up for yourself, be active committee members and make and reach goals.
- ♥ RFSN Parent/ Families Together, 3rd Tues., bring a dish and make friends/ network.
- ♥ Aktion Club on 4th Tues., a service club that gives back to the community.
- ♥ We are set up to receive memorial donations, call 775-1370 or write to ARC.
- ♥ Terry Stevens is very happy to have won the Maggie Pak Membership Achievement Award, David and Herman won awards too. Look for the 2014 Application at the Valentines Dance.
- ♥ Dial 2-1-1 for everyday

needs and difficult times, 211 is your connection to thousands of resources across Vermont.

- ♥ Our next dances are: Spring Fling on April 13 at Bomo-seen Grange; then Spring Fling on May 18 at the Godnick; then Halloween on Oct 26 at the Bomo-seen Grange. Annual Meeting is set for Nov 16 and Christmas Dinner is set for Dec 7.



ARC - Rutland Area
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website: <http://home.myfairpoint.net/~arcrutlandarea>

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Valentines 2014

Change Service Requested

**United
Way**



Please let us know if we have your address wrong, or if you would like to be added to our mailing list.

Follow Your Dream, By Kate Daly

Everyone has a dream, right? Well, my dream is to become a business receptionist. I've been following my dream so far by taking certain steps.

The steps I'm taking are, getting into college with the help of Patty (College Steps Director). She has helped me by getting me set up in classes at school, and in internships. College has helped me make more friends. I took Public Speaking to help learn how to talk better to people. At college, I am a cheerleader. I do kickboxing and swimming for fun. I am the official manager for the Women's Hockey Team. I work at the athletic complex, greeting students.

My mom helps me become more independent by showing me how to cook, do my own laundry, and make good decisions.

Lori (Career Choices Coordinator) helps me by having business meetings. She helps me by having business meetings with me. We work on my computer skills and she will help me find my dream job. Calleen (Case Manager) has helped me too, by having meetings with me and helping me figure out what the right thing to do is. She had a MAPS meeting for me that really helped me to focus on my dream.

At this time I am doing an internship/volunteer job at ARC. I am learning how to do filing. I make phone calls to remind members of meetings and upcoming events. I hope this article helps others to achieve their dream and become more independent like I have. I take the bus on my own now, I have more skills to help me get a better job.

Remember, don't ever be afraid to follow your dream!