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SPRING FLING Barn Picnic

FREE

Sunday May 23rd

1:00—4:00PM

Duffy's Family Home 1325 E. Main Street Poultney, VT

Please Bring a Packaged Snack or Beverage to Share

Open to all those with a Disability, their Families, Care Givers and Allies

Picnic Music Lawn Games Farm Zoo

All Social Distancing Protocols will be Followed

***Masks Required**

Transportation Available

Please call or email to make a Reservation
info@arcrutlandarea.org 802.775.1370

Rachael Ray Rocks ARC's "Food for Thought Program"

Rachael Ray celebrity cook, and TV personality donates to ARC Rutland Area. Rachael was born in Glens Falls and raised in Lake George, NY. Rachael's success started at a gourmet market where the concept of "30 Minutes Meals" was developed. This was followed by regular appearances on WRGB, our local Albany CBS station. Rachael currently hosts her own talk show, cooking product line, and pet food products to name a few.

With the pandemic beginning to show signs of slowing down ARC looks to opening the Wing Center. Ross decided to reach out to Rachael Ray and ask for support for the Food for Thought program. Rachael responded with package after package of kitchen equipment, supplies, cookbooks, and a generous donation.

The Food for Thought program is a special, two hour, bi-weekly session that focuses on all aspects of meal preparation including nutrition, costs, preparation, and presentation. A menu for a microwave, slow cooker or toaster oven meal will be set prior to each session. The group will review weekly grocery store sale flyers and comparison shop for best values. Each participant will assist with preparing, cooking, serving, and cleaning. At the end of each season the group will discuss the next menu focusing on costs and nutrition values and make alterations if necessary. The class attendees will have the option to enjoy the meal they prepared. The class will accommodate eight to ten individuals.





Items on Offer

Fall Tree Window Hanger	Karen Deets Stained Glass 7 1/2" H x 6 1/2" W	Value: \$ 75.00
2 Rounds of Golf at Killington Golf Course Including Green Fees & Cart 2		Value: \$130.00
Killington Sky Ship Rides	Killington / Pico Resort Partners	Value: \$ 50.00
2 Waterford Crystal Knife Holders		Value: \$ 90.00

All donations received before June 1st will be considered. Email: info@arcrutlandarea.org or call 775-1370

Self-Advocates (SABE-R) and AKtion Club.

The two groups have been meeting jointly the second Tuesday of the month via Zoom. We have our first outdoor meeting scheduled for May 4th at the Rutland Elks Club on Pleasant Street. Transportation Available. In March physiologist, Danielle Ingram spoke on Self Care during the pandemic. In May the conversation was around Strengths & Weaknesses. The groups will be participating in RSVP's "Spread Spring Cheer" post card program for homebound individuals. At the end of each meeting, we have a little fun social interaction. Hangman, Scattergories, Fact or Fib? Do you love Cabot Cheese? The AKtion Club is launching a Cabot Cheese Fundraiser in May. Additional info coming soon. Want to join? Contact Ross at ARC

NEW LOOK THANK YOU SALLY HOGAN



A Seed Library at ARC Rutland Area
by Lisa S. Lynch, RMT and Herman Goldberg

How Does A Seed Library Work and Why Do You Want to Borrow from It?

- 1) You Borrow non-GMO organic seeds at ARC Rutland Area's Seed Library at the Wing Center
- 2) You Grow something
- 3) You Enjoy your home-grown product
- 4) You Let the plant go to seed
- 5) You Collect seeds and return some to the Seed Library at ARC Rutland Area's Wing Center

At the Rutland Free Library, one generally borrows a book and then returns it, right? So, at a Seed Library, one borrows some seeds and returns the next generation of seeds. The borrower takes the seeds home from the seed library and plants them, in the ground or in a container. Whether you take flowers or veggies, you let the plant grow and ripen. However, you do not pick/eat/harvest all of the crop. You let one flower/veggie go to "seed" on purpose. After you have enjoyed the plant you grew, you keep a few seeds for next year, and return a few seeds back to the Seed Library you borrowed them from. Someone else can grow that plant the following year when they borrow from the Seed Library.

Oh, what a journey you will have exploring and growing flowers or veggies. By taking the five steps above you help your body with fresh veggies and you can learn about good soil for the earth.

See <https://www.facebook.com/arc.rutlandarea/> or <https://www.arcrutlandarea.org/> for full article.

Get Your FREE Seed Packets Available at ARC Now!



The Great Outdoor Initiative

Date	Event	Location	Trans
JUNE			
TBA	Billings Farm & Museum	TBA	Bus
JULY			
TBA	Summer Concert	Okemo/Killington/Rutland	TBA Bus
TBA	Paddle & Picnic w/Vermont Adaptive	Kent Pond	Bus
AUGUST			
8/3/2021	National Night Out	Pine Hill Park	TBA
TBA	End of Summer Outing & BBQ	Lake Bomoseen State Park	Bus
SEPTEMBER			
TBA	Joint SABE-R / AKtion Bake Sale	Rutland Plaza	TBA
TBA	ARC Fall Outing	TBA	TBA
OCTOBER			
TBA	Halloween Parade w/Rutland Kiwanis	Rutland	TBA

The Great Outdoor Initiative began in July of 2019 with a focus on facilitating mental and physical well-being, creating new experiences with opportunities to share and develop friendships. During outings we have an opportunity to speak with participants about their wants and needs while we encourage exercise and healthy eating habits. Since the Great Outdoor Initiative program began the group has experienced many activities with partner agencies and businesses. The program participants have enjoyed a Summer Concert at Okemo Mountain, Car Wash Fundraiser with Rutland Sheriff's Department, Rutland Halloween Parade with the Kiwanis Club, Canoeing and Kayaking with Vermont Adaptive, Mentor Connector Bowling Tournament and Skiing with Vermont Adaptive. After our covid pause, we are poised and ready to restart the Great Outdoor Initiative when safe to do so.

The Summer of 2021: June plans include a visit to Billings Farm and Museum with box lunch. In July we plan to attend an outdoor concert, including snacks. Later in the month we plan to go paddling at Kent Pond with Vermont Adaptive Ski and Sports. In August we will participate in National Night Out and hold our annual end the summer lake day and BBQ at Bomoseen State Park.

ARC 's Presidential Message

Dear Members and Supporters,

The year has gotten off to a good start for ARC with the success of our first ever St. Patrick's Day "Pot of Gold" event. The board extends a big thank you to the ARC Staff and Elks Club members who created this fun new event and to the Rutland area businesses and individuals who generously donated items to fill the "Pot of Gold" bags for our members.

We are also excited that celebrity cook and talk show host Rachael Ray recently became an ARC supporter. In response to a request for funding from our E.D. Ross Almo, Rachael made a generous donation as well as sending kitchen items for the Wing Center's proposed cooking and nutrition classes.

And now that warmer weather has arrived, we look forward to seeing all our members again when we begin holding in person outdoor events starting in May.

Sincerely,
Melissa Stevens, President, ARC Rutland Area Board of Directors



ARC Advocacy * Resources * Community

ARC Rutland Area Inc.
Ross W Almo
Executive Director
E: ExecDirector@ARCRutlandArea.org

Non-Profit Org.
U.S. Postage
PAID
Permit #4
Rutland, VT 05701
PRST STD

128 Merchants Row, Suite 401
Rutland, VT 05701
P: 802-775-1370
E: Info@ARCRutlandArea.org



It's very easy, the \$2.50 Community Bag comes with an attached Giving Tag.

The Giving Tag provides the opportunity for shoppers at any Hannaford location to send the \$1 donation from the purchase of the Community Bag to a non-profit of their choice at any time.

Go to any Hannaford store and purchase a \$2.50 Community Bag with an attached Giving Tag.

Follow the instructions on the Giving Tag within 7 days of purchase: Visit MyHannafordCause.com, enter your tag's unique scratch off code and choose your non-profit's name from the list of non-profits. If you don't see your organization listed, you can submit it right there on the form!

TD Bank Affinity Program

Are you an existing TD Bank customer? If you are, let TD know and asked to be tagged and coded with ARC. TD will give ARC \$10. For new checking accounts, TD gives the customer \$25 and ARC gets \$50.

- **Checking Accounts:** \$50 of every new-to-bank checking account & \$10 for every existing checking account
- **Savings Accounts:** 1/10 of 1% contribution paid based upon participating annual average balances
- **Eligible accounts include:** Business: Checking, Consumer: Checking, Savings, Money Market, CD's and IRAs

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You shop. Amazon gives.

Support ARC Rutland Area while shopping on amazon smile. Visit: smile.amazon.com . Sign into your account or register for a new account. Select ARC Rutland Area for your charity of choice. ARC will receive a percentage of the price on every eligible purchase. It's a great way to shop and support ARC.