

**Our Mission & Vision**

Our mission is to advocate for the right of individuals with developmental disabilities and their families to be regarded as valued citizens with the same entitlements as non-disabled individuals, including the right to lifelong opportunities for personal growth and full participation in the community.

**Member Happenings...**

A great time was had by all at the **2023 Annual Holiday Dinner Dance and 65th anniversary of ARC celebration**. We had a delicious pasta meal courtesy of the Elks Lodge, Santa paid us a visit, and we gave out some member and volunteer achievement awards. Congratulations to our Board of Directors on their re-election!



**Here are some ways you can support ARC Rutland Area!**

- **Become a Member today! – Join our *AKtion Club* and *SABE-R Self-Advocacy group!***
- **Hit the donation button on our website at [www.arcrutlandarea.org](http://www.arcrutlandarea.org)**
- **Patronize our Sponsors and thank them for helping ARC Rutland Area!**
- **Volunteer your time to support our activities.**

There are so many more ways that you can help us! Please reach out to:

**Diane Drake**  
 802-775-1370  
[execdirector@arcrutlandarea.org](mailto:execdirector@arcrutlandarea.org).

**ARC Rutland Area is a 501(c)3 charitable organization.**

Our sincere appreciation goes out to Rutland Elks Lodge #345 for hosting this event and providing the delicious food and we also want to thank all the businesses and individuals that donated gifts for Santa to give to our members!



**AKTION CLUB and Self Advocates Becoming Empowered – Rutland (SABER) members of ARC Rutland Area** were honored and pleased to provide a

Christmas donation of \$350.00 once again to a family in need at the Boys and Girls Club of Rutland County. Christina (CK) Zilski, Vice President of the AKtion Club and current member of SABER, presented the check to staff member Iris Hudson, at the Boys and Girls Club on December 20, 2023. CK remarked, “it’s a good feeling to do this work again since COVID.” The AKtion Club and SABER collaborated with the **Rutland Area Food Co-op** to create the “**8 Bean Soup in a Jar**” **this past December**. The sales of these jars added to their earlier Car-Wash funds raised this summer to make this donation possible. The AKtion Club’s focus is to be community minded and give back whenever they can.





**March is Developmental Disabilities Awareness Month** and self-advocates from our SABE-R group at ARC Rutland Area will be conducting Disability Acceptance clinics in local schools, community groups and governmental agencies!

**Share Your Talents by Volunteering at ARC Rutland Area!**



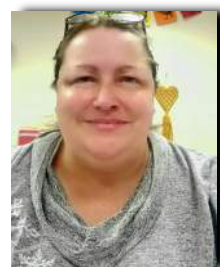
Volunteers are folks who want to help where and when help is needed. **ARC Rutland Area needs your help!** Volunteering is a great way to give back to your community and provides you with the pleasure and satisfaction of work well done and appreciated!

- **Office Help** – Do you have spreadsheet and database skills? Are you familiar with scanning documents and filing? **WE NEED YOU!**
- **Event Help** – Are you enthusiastic, have your own transportation and want to help with our dances? Setting up, decorating tables, food service, cleanup, etc.? **WE NEED YOU!**
- **Fundraising** – Do you have ideas for fundraising events to help support ARC Rutland Area? **WE NEED YOU!**
- **Town Monitors Needed!** Each March, we need volunteers to monitor town votes to let us know if we were successful in having town governments pass the requested funding for ARC Rutland Area. We get about half of our income from towns and cities in the Rutland Area, so this monitoring work is critical! Our towns include Rutland City, Rutland Town, West Rutland, Clarendon, Wallingford, Tinmouth, Mendon, Killington, Ludlow, Middletown Springs, Fair Haven, Castleton, Poultney, Pittsford, Proctor, Pawlet and Benson.

**Interested In Volunteering?**

Call Diane at 802-775-1370 or email her at [execdirector@arcrutlandarea.org](mailto:execdirector@arcrutlandarea.org)

“Volunteering is a source of joy for me, as it allows me to assist others, bringing a deep sense of fulfillment. With years of experience both working with, and as a volunteer, I've gained a nuanced understanding of the intricacies involved. Beyond the inherent rewards, **volunteering offers the opportunity to make new friends, boost self-esteem, acquire new professional skills, contribute to community strength, and foster a profound sense of accomplishment.** – Kris Call, Rep. Payee for, and Volunteer at, ARC Rutland Area



**NOW is the time for.... SPOOKTACULAR FUN!**  
 Come help us plan and build a **ARC Rutland Area float for the Rutland Halloween Parade in October 2024!** If you want to get involved with this fun project contact the office today!  
**October is only 8 Months away!**  
**Contact Kris at 802-775-1370 today**

**ARC Rutland Area  
 Event Calendar  
 February – April 2024**

Date	Time	Event	Location
Tuesday February 6th	6 PM – 7:30 PM	SABE-R Meeting/ Disability Acceptance Training	ARC Office
Sunday February 11th	1 PM – 4 PM	Valentine’s Day Dance	Rutland Elks Lodge
Tuesday February 13th	6 PM – 8 PM	SABE-R & AKtion Club Meetings	ARC Office
February 16 -25	Various	Rutland City/ Come Alive Outside - Winterfest	Various
Monday February 19th	-	President’s Day – Office Closed	-
Wednesday February 28th	6 PM – 7:30 PM	ARC Board Meeting	ARC Office
<b>MARCH 2024 – DEVELOPMENTAL DISABILITIES AWARENESS MONTH</b>			
Tuesday March 5th	VT City/Town ELECTION DAY!	<b>Please Vote YES in support of ARC funding!</b>	
Friday March 8th	1 PM – 3:30 PM	SABE-R Disability Acceptance Clinic - Rutland Family/Probate Court	
Tuesday March 12th	6 PM – 8 PM	SABE-R & AKtion Club Meetings	ARC Office
Friday March 15th	1 PM – 3:30 PM	SABE-R Disability Acceptance Clinic – Park Street Health Care - Rutland	
Friday March 22nd	1 PM – 3:30 PM	SABE-R Disability Acceptance Clinic (Rutland City Police Dept.)	
Wednesday March 27th	6 PM – 7:30 PM	ARC Board Meeting	ARC Office
Friday March 29th	All Day	State House Testimony – Advocates from SABE-R	State House Montpelier
Tuesday April 9th	6 PM – 8 PM	SABE-R & AKtion Club Meetings	ARC Office
Sunday April 14th	1 PM – 4 PM	End O’Winter Dance	American Legion Castleton
Saturday April 20th	1 PM – 2 PM	URBAN LEGEND Walk Downtown Rutland - (Tentative Date)	
Wednesday April 24th	6 PM – 7:30 PM	ARC Board Meeting	ARC Office