

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...

ARC 2024 Valentine's Day Dance

On Sunday, Feb. 11th, we had a wonderful day and great turnout for our Valentine's Day Dance & Luncheon. Our sincere appreciation goes out to the Rutland Elks Lodge #345 and all its member volunteers for hosting and sponsoring this amazing event each year as well as our Holiday Dances in December. Our members enjoyed a meal of hot dogs, hamburgers, salad, with cake for dessert; followed by dancing to their favorite tunes.



ARC 2024 End O'Winter Dance

A fun time was had by all at our ARC 2024 End O'Winter Dance on Sunday, Apr. 14th. Our sincere thanks to the Castleton American Legion for hosting this dance and to Domino's for providing a variety of pizzas for our members to enjoy. The meal was followed by cake for dessert, dancing, and visiting with friends.



SABE-R Activities

Voices and Choices Conference

On April 23rd & 24th, eight of our Self-Advocates Becoming Empowered - Rutland members attended the Voices and Choices conference in Burlington. They had a wonderful time attending the dance on the evening of the 23rd; and participating in a variety of workshops on disability advocacy and empowerment on the 24th. Congratulations to Julie Beebe on receiving the Self-Advocate of the Year Award in our SABE-Rutland group. Congratulations also to Karoline Gillen on receiving the Self-Advocate of the Year Award from GMSA.



March – Developmental Disabilities Awareness Month Activities

ARC's Self Advocates Becoming Empowered – Rutland (SABE-R) members worked hard in February preparing their presentations for the Disability Acceptance Clinics they planned to hold in March as part of Developmental Disabilities Awareness Month.

These clinics aim to educate professionals on how individuals with developmental disabilities have hopes and dreams just like everyone else and how they want to be treated with the same respect and kindness shown to other adults. Members also explain what accommodations they need to help them understand and fully participate in interactions with professionals such as health care workers, court staff, the police, and others.



To prepare, SABE-R members had to write their stories - their goals, the steps needed to achieve them, their accomplishments, and how they want to be treated, as well as any individual accommodations they need. They also had to practice introducing themselves and learn public speaking skills, which was very challenging and uncomfortable for them at first. With each presentation, the members became more confident and eager to tell their stories and be heard. Family members reported seeing marked growth in their ARC member by their participation in these presentations.

Clinics were held at Park St. Healthshare, Rutland Superior Court, and Vermont State University Castleton Campus (we also hope to schedule clinics with the Rutland City Police Dept. and Project Vision soon).

SABE-R members also presented to Maggie O'Brien from the Rutland Regional Planning Commission (RRPC) as to what the needs and desires are of those with developmental disabilities, so the RRPC can try to address them in the 2026 Regional Plan. In addition, SABE-R participated in a focus group for Jaime Bentley from Rutland Regional Medical Center regarding their health planning. A video of their presentation at Rutland Superior Court can be viewed at <https://tinyurl.com/2nd338vs>

In Remembrance

We share a farewell to our dear friend Ashley Whipple who left us too soon. She passed away on Sunday, March 31, 2024. She will be missed by all her friends at ARC Rutland Area!



ARC Rutland Area Event Calendar May – July 2024

DATE	TIME	EVENT	LOCATION
May 2024			
Tuesday - May 14th	6 PM – 8 PM	SABE-R & Aktion Club Meetings	ARC Office
Wednesday - May 22nd	6 PM – 7:30 PM	ARC Board Meeting	ARC Office
Monday- May 27th Memorial Day - ARC Office Closed			
JUNE 2024 - LGBT Pride Month			
Sunday - June 9 th	1 PM – 4 PM	Spring Fling Dance	American Legion Castleton
Tuesday - June 11 th	6 PM – 8 PM	SABE-R & Aktion Club Meetings	ARC Office
Wednesday - June 19 th Juneteenth Holiday – Office Closed			
Wednesday - June 26 th	6 PM – 7:30 PM	ARC Board Meeting	ARC Office
JULY 2024 - Disability Pride Month			
Thursday - July 4 th Independence Day Holiday – Office Closed			
Tuesday - July 9 th	6 PM – 8 PM	SABE-R & Aktion Club Meetings	ARC Office
Saturday - July 13 th (Tentative)	12 PM to 3 PM	Kiwanis Sponsored Family Fun Day	Pittsford Recreation Center
Wednesday - July 24	6 PM – 7:30 PM	ARC Board Meeting	ARC Office

Want to give back to your community in a major way and advocate for those in need? ARC Rutland Area is seeking professionals to lend their skills and join our Board of Directors. It is critical that persons with developmental disabilities be regarded as valued citizens with the same entitlements as non-disabled individuals. It is also essential that these individuals be provided with opportunities for full participation in their communities. If you believe in these basic human rights and are willing to advocate for this population, a Board of Directors' position at ARC Rutland Area may be right for you! **If you are interested in this opportunity, please call Diane Drake at ARC Rutland Area, 802-775-1370 or e-mail her at execdirector@arcrutlandarea.org**



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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***
- ***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

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