



Summer 2025 NEWSLETTER

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 & Come Alive Outside First Annual Summer Splash

On Sunday, June 22nd, we held our first annual ARC & Come Alive Outside Summer Splash at Lake Bomoseen State Park Pavillion. ARC members had a blast. They enjoyed hamburgers and hot dogs on the grill. Members brought a variety of side dishes to share - mac 'n cheese, salads, chips, and desserts. They played lawn games and had hula hoop and limbo contests. We ended the afternoon playing Bingo for prizes.

Our deepest gratitude to Come Alive Outside for sponsoring this new annual event for ARC. Thank you also to all the volunteers who made the event run smoothly.



New Life Skill Course Offerings

ARC's first two, five-week life skills courses - **Budgeting** and **Holistic Health** - were successfully completed in June.

Congratulations to all who completed these

courses! Our thanks to Jen McNeil and Lisa Lynch for serving as instructors for these courses. Everyone did a great job! These and future life skills courses at ARC were made possible by a 2025 Bouse Health Trust grant to ARC. We thank them, again, for their generous support of ARC.



Our next two life skills course offerings will be *Reading for Joy* and *Basic Cooking Skills and Eating Well* (see *Calendar*). These courses will start in August and run through September. Course details will be posted soon.

ARC/Rutland Kiwanis Club 2025 Annual Family Fun Day

Our 2025 ARC/Rutland Kiwanis Club Annual Family Fun Day was on Saturday, July 19th at the Pittsford Recreation Center. The afternoon started with a cookout of hamburgers on the grill with potato chips, brownie bites, and a variety of drinks and snow cones. This delicious food was followed by activities of lawn games, hula hoop and limbo contests, swimming, karaoke, and bingo for prizes. Everyone had a great time!

We are so very appreciative of the Rutland Kiwanis Club and its members for sponsoring and volunteering at this annual event. We also extend our gratitude to the Mission City Church Youth Group who come to help at this event each year. And thank you to our ARC volunteers in attendance.



Self-Advocates Becoming Empowered-Rutland (SABE-R) & AKtion Club

The Self-Advocates continued to work on their personal self-advocacy stories, learned how the three branches of government should work and how laws and budgets set by the legislature affect their rights and services, and they also discussed writing a letter to Congress to express their concerns.

The AKtion Club & SABE-R group's Annual Car Wash Fundraiser will be held on **Saturday, August 9, 2025, from 10 am to 2 pm at The Bank of Bennington on Woodstock Ave.** in Rutland. **Cost: Free with donation.** All proceeds will go to an organization that assists families in need.

Please support our AKtion Club and Self-Advocate members in their efforts to raise funds to help others. Bring your car in for a great wash and encourage your family and friends to also bring theirs. **All donations will be most appreciated. Thank you!**



ARC Rutland Area Staff Updates...

In May, we welcomed **Ginger Morrigan** as our new Program Director. Ginger worked for The Arc in Contra Costa County and wrote the Behavior Modification Day Program for Social Vocational Services in Antioch, CA where she served as the Program Director. Ginger's formal education is in holistic health, somatic therapy and psychology. In her new position, Ginger will be coordinating all ARC member events, SABE-R and AKtion Club meetings and activities, as well as the Life Skill Courses. This new position was made possible through our 2025 Bouse Health Trust grant.

Jess Corey, who has been our Administrative Assistant for the past year, is now also the new Representative Payee Administrator.

**ARC Rutland Area
Event Calendar
August – September 2025**

DATE	TIME	EVENT	LOCATION
August 2025			
Tues. Aug. 5	4 PM – 7 PM	National Night Out	Meadow St. Park – Rutland
Sat. Aug. 9	10 AM – 2 PM	AKtion Club & SABE-R Group Annual Car Wash Fundraiser	Bank of Bennington 143 Woodstock Ave., Rutland
Tues. Aug. 12	6 PM – 8 PM	SABE-R & AKtion Club Meetings	ARC Office
Wed. Aug. 27	6 PM – 7:30 PM	ARC Board Meeting	ARC Office
Mon. Aug. 25 to Fri. Aug. 29	TBD	Life Skills Offerings <ul style="list-style-type: none">• Reading for Joy• Basic Cooking Skills & Eating Well	New Wing Center ARC Office
September 2025			
Mon. Sept. 1	Labor Day Holiday – Office Closed		
Fri. Sept. 5 – Fri. Sept. 26th	TBD	Life Skills Offerings <ul style="list-style-type: none">• Reading for Joy• Basic Cooking Skills & Eating Well	New Wing Center ARC Office
Tues. Sept. 9	6 PM – 8 PM	SABE-R & AKtion Club Meetings	ARC Office
Wed. Sept. 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