

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.



Get ready for this annual day of charitable giving to be held on Tuesday, December 2, 2025. **Please help support ARC Rutland Area with your donation. See page 3 for Giving details!**

Member Happenings...



ARC Rutland at Rutland City Halloween Parade

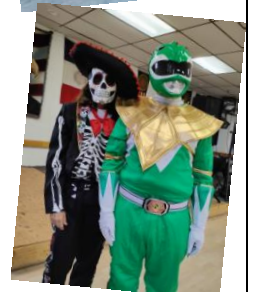
ARC members, with their Magical Forest float, were excited to participate in the Rutland City 2025 Halloween Parade on Sat. Oct. 25th. A huge thank you to Nellie and Dmitri Beliakov for the photos and videos.

ARC 2025 Halloween Dance



We had a wonderful time with many dressed up in great costumes at our ARC 2025 Halloween Dance on Sunday, Oct. 26th at the Rutland American Legion. Our members enjoyed Domino's Pizza and cake for lunch followed by dancing and socializing with friends. The winners of our costume contest were: David Garvey as Shrek for most original costume; Greg Elnicki for funniest costume in a technicolored suit; and Amanda Shea for scariest costume as a dead senorita.

Our deepest appreciation to the Rutland American Legion for providing the venue and to Domino's Pizza for providing the pizzas. Thank you to all the volunteers who helped with set-up and who picked up the pizzas and cakes.



ARC 2025 Barn Picnic



We had a beautiful day for our 2025 ARC Barn Picnic on Sunday, Oct. 5 at the Duffy family home in Poultney. ARC members enjoyed a lunch of hot dogs, baked beans, macaroni salad, and a variety of chips followed by cupcakes for dessert. All had fun socializing, viewing the animals, and participating in the Limbo Contest. Congratulations to James Fowler on winning the Limbo

Contest!



ARC extends our sincere appreciation to the Duffy family for hosting and sponsoring this annual event along with the Poultney Rotary Club and McKenzie Country Classics.



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



ARC Self-Advocates, AKtion Club, and the VTSU Castleton University Bank Gallery were proud to present “Art by Any Other Name,” a group exhibition of art created by our members. The exhibition ran from Sept. 18 – Nov. 1. The show had a very successful opening day with five of our art



pieces being sold even before the opening reception honoring the artists!



This new Inclusion project, made possible by a Stewarts' Grant, offered both groups the opportunity to create and share their artwork with the community. ARC extends our sincere gratitude to our member artists, Stewarts', the VTSU Castleton



Bank Gallery, Ginger Morrigan who facilitated this opportunity for our members, and to TeeJay Morrigan who built a ramp to make the art gallery accessible. A note of sadness that we lost our longtime member and artist, Tim Murray in October.



SABE-R members presented their Disabilities Acceptance Clinic to the senior sociology class at VTSU Castleton Campus on Monday, October 20th. Self-Advocates Stephanie, Annaliese, and Paul presented their personal stories, educating the class on what it's like to live with a developmental disability, how they expect to be treated, and what accommodations they need to fully understand and respond in communications with others. Our self-advocates did a great job and were well received.

Life Skills Courses



ARC's second two, five-week life skill courses - **Reading for Joy** and **How to Cook Easy and Eat Well for Myself** - were successfully completed in early October. *Congratulations to all!*

Our next life skills course is **Movement – Why and How You Need It**. This is a course that teaches us why our bodies need movement and demonstrates effective ways to be active. **These classes begin on Nov. 18 – Dec 23**; (there will be no class on Dec. 9th). Max of 6 students. Lisa

Lynch will be the instructor. Again, we are so grateful to the **Bowes Health Trust** grant for making these life skill courses possible.



Your financial support of ARC helps our members develop life and social skills so they can experience their best lives! It's easy to donate on our website:

<https://www.arcrutlandarea.org/donate/>

or mail your donation to:

ARC Rutland Area, 128 Merchants Row Ste. 401, Rutland, VT 05701

ARC Rutland Area Event Calendar November – December 2025

DATE	TIME	EVENT	LOCATION
Tues. Nov. 11 Veterans' Day Holiday - Office Closed			
Tues. Nov. 18	9:30 am - 4:00 pm	GMSA Voices & Choices Mini-Conference: Know Your Rights!	Equinox Manchester VT
Tuesdays, Nov. 18 & Nov. 25.	6:30 – 7:30 pm	ARC Life Skills Course: Movement – Why and How You Need It	ARC Office
Wed., Nov. 19	6:00 – 7:30 pm	ARC Board Meeting	ARC Office
Thurs., Nov. 27	Thanksgiving Day – Office Closed		
December 2025			
Dec. 1 – 15	As a Sunshine Fund Awardee , ARC is the partner "On Tap" in Lawson's Finest Liquids taproom. During this period, ARC will receive 100% of the donations made to the Sunshine Fund by their patrons.		155 Carroll Rd. Waitsfield, VT 05673
Dec. 2	Giving Tuesday -Please support ARC Rutland Area by donating at: https://www.arcrutlandarea.org/donate		
Tuesdays Dec. 2, 16 & 23	6:30 – 7:30 pm	ARC Life Skills Course: Movement – Why and How You Need It	ARC Office
Tues., Dec. 9	6:00 – 8:00 pm	SABE-R & Aktion Club Meetings	ARC Office
Sun., Dec. 14	12:00 – 4:00 pm	ARC Annual Membership Meeting & Holiday Dinner Dance	Rutland Elks Lodge
Wed. & Thurs, Dec. 24 & 25	Christmas Holiday Office Closed		



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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