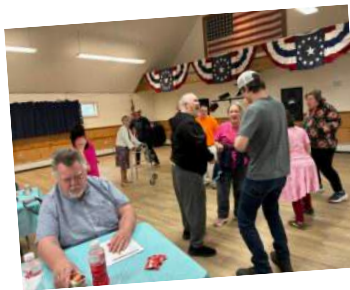


Our Mission & Vision

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's 2026 Spring Fling Dance was held on Sunday, May 3rd at the Castleton American Legion. A lunch of sandwiches with vegetables, fruit platters and various salads was served courtesy of the **Castleton American Legion**. Cake, dancing, and catching up with friends followed. Members of the **Fair Haven Police Dept.** stopped in for a visit and dance. ARC extends its sincere appreciation to the **Castleton American Legion** for hosting and sponsoring this event; and to all who volunteered at the event.



SABE-R & AKtion Club Activities

GMSA Voices and Choices Conference

On Tuesday May 12th, members of ARC's SABE-R group along with staff attended the GMSA Voices and Choices Conference at the Double Tree by Hilton in Burlington. There they participated in various workshops related to self-advocacy and life skills. They also enjoyed a nice lunch. Congratulations to **April Gilman** on being chosen as our **SABE-R group's 2026 Self-Advocate of the Year!**



ARC Members Attend Project Vision Meetings



Stephanie and April accompanied Tia to the **Project Vision** meeting on April 7th. It was Stephanie's first time at Project Vision, and she did a great job introducing herself to the audience. After the meeting they were able to speak with Rutland City's new Mayor, Tom Donahue, and new Chief of Police, Matthew Prouty.



Developmental Disabilities Awareness Month March 2026

March 11, 2026, was Disability Advocacy Day at the Vermont State House. Our members Patty Czarnecki, April Gilman and Caroline Gillen represented ARC Rutland Area in the Card room at the State House. This group engaged with their representatives - William Canfield, Christopher Howland, Mary Howard, Jim Harrison, Chris Keyser, David Bosch, and Patricia McCoy. We want to thank each one of them for taking the time to look at our table and discuss important topics like transportation!

On Tuesday, March 24 ARC's Self Advocates Becoming Empowered - Rutland (SABE-R) group presented their Disability Advocacy presentation to the Fair Haven Police Department. Also in attendance were the Pawlet Constable, community members, and other representatives of local emergency response teams.

ARC SABE-R members Patty Czarnecki, April Gilman and Stephanie Lovelette provided excellent presentations. In addition, we enjoyed an engaging, open, and vibrant discussion about developmentally disabled adults transitioning from high school to active adult community members. The discussion included perceptions and relationships with local law enforcement officials.



ARC Spring 2026 Life Skill Courses

The ARC Life Skills courses ***Budgeting Part 2, Feeling Through Art, Reading for Joy, and Eating Well for Myself*** were completed in April and May. Congratulations to our recent graduates! What a great time we had during these life skill courses.

Budgeting Part 2 Graduates: Tiffany B., Patty C., Ellie A., April G., Terrell O. and Lester C.

Feeling Through Art Graduates: Annaliese B., April G., Patty C. and Lester C.

Reading for Joy Graduates: Stephanie L., Patty C., Tiffany B., Ellie A., Lester C., and April G.

Eating Well for Myself Graduates: Tiffany B., Patty C., Karoline G., April G., Lester C., and Terrell O.

Many thanks to our fabulous instructors, Diane Drake, Jennifer McNeil and Tia Poalino!



ARC Spring 2026 Life Skill Courses (CONTINUED)

A **Safety and Prevention** course is running on **Wednesdays, May 13th - June 10th from 3 PM to 4 PM**. This course includes class sessions with the Rutland City Fire & Police Departments as well as time with professional nurses from our Public Health office. They will address questions about what to do in an emergency.

Our **Holistic Health** course is running on **Wednesdays, May 13th - June 10th from 4 PM to 5 PM**. Instructor Lisa Lynch will teach you about how your body reacts to physical & emotional stress and what you can do to help your mind and body feel more relaxed and healthier.



ARC Rutland Area was honored to have been selected as a Hannaford Community Bag Program Nonprofit Partner for the month of March 2026! ARC received \$333 - \$1 for each \$2.50 reusable Community Bag sold during the month of March at the Rutland VT store. Thank you to Hannaford and to all who purchased reusable Hannaford Community Bags in March in support of ARC. Every donation helps and is greatly appreciated.

ARC Rutland Area Event Calendar

June 2026

Date	Time	Event	Location
Wed. May 13 to June 10	3:00 – 4:00 PM	Safety & Prevention Class (for those who signed up)	ARC Office
Wed. May 13 to June 10	4:00 – 5:00 PM	Holistic Health Class (for those who signed up)	ARC Office
Sun. – June 7 (If it rains, event will be cancelled)	1:00 – 3:00 PM	ARC Field Trip – RSVP by June 2. Call 802-775-1370	Morgan Horse Farm Weybridge, VT
Tues. – June 9	6:00 – 8:00 PM	SABE-R & AKtion Club	ARC Office
Wed. – June 24	6:00 – 7:30 PM	ARC Board Meeting	ARC Office
Sun. – June 28	12:00 – 3:00 PM	Summer Splash @Bomoseen Sponsored by Come Alive Outside	Bomoseen Pavillion

July 2026

Tues. – July 14	6:00 – 8:00 PM	SABE-R & AKtion Club	ARC Office
Sat. – July 18	12:00 – 3:00 PM	Family Fun Day (Kiwanis Club & ARC)	Pittsford Recreation Center – Pittsford, VT
Wed. – July 22	6:00 – 7:30 PM	ARC Board Meeting	ARC Office

Check the Calendar on the ARC Rutland Area Website for the most current activity information.



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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