

Housing Options Explored in Upcoming Workshop



On **March 26, 2008**, The Arc will host a workshop on housing options offered by The Arc for adults with intellectual disabilities. At **7 p.m.**, a panel discussion will commence that will explore housing options offered by The Arc. Included in the discussion will be the application process, funding, the family's role, and community living options. Members of the panel include Karen Smith, Executive Director of The Arc of Greater Prince William; Susan Rudolph, Assistant Executive Director; Donna Shipman, Director of Group Home Services; Terri Clay, Director of Supported Living; and consumers. Tours of the various sites will be set up at a later date for those interested. Pre-registration is required and limited to 40 attendees, childcare is available for a small fee, and light refreshments will be served.

To pre-register for the workshop and/or childcare, please call Jan Russell by March 21, 2008, at 703-730-3124 or e-mail her at jrussell@arcgpw.org.

New Group Home to Open

For the first time in seven years, we expect to open another community residence by early summer to serve five to six adults. We hope to locate the house in western Prince William County. A competitive grant up to \$270,000 was awarded through a Community Development Block Grant from Prince William County to help purchase the house. We are currently taking applications to determine the best combination of residents. If you would like more information, please contact Susan Rudolph, Assistant Executive Director.



This and That

Hilda Barg, former Woodbridge District Board of County Supervisor, joined our Board of Directors in January. Hilda has always been a big supporter of The Arc and now that she's retired wanted to continue her work with us. Already Hilda is busy working on our May Golf Tournament. Welcome to the Board, Hilda.

Susan Rudolph, Assistant Executive Director, was nominated by our agency and chosen to be part of the second class attending a week long training of emerging national leaders in the field of intellectual disabilities. Only 25 people were selected nationwide to attend this training held at the University of Delaware in January. Congratulations, Susan.

With a Big Word of Thanks

Angela Atwater recently resigned from our Board of Directors because she has taken a position with Loudoun County as the principal of Liberty Elementary, set to open this fall, and finishing up her doctorate program. We wish the very best in the future and thank you, Angela, for serving on our Board.

On Saturday, February 23, **Progeny Systems Corporation** held its 8th annual Black Socks Dance to raise money for local charities. Among the recipients for all 8 years has been The Arc of Greater Prince William, specifically the Circle of Support Conference. Every year, the employees and friends of Progeny open their hearts (and wallets) and raise larger sums each time. A number of employees and friends of The Arc attended and assisted at the registration desk. We would like to thank **Walt Kitonis** of Progeny Systems for his vision and generosity.



The Arc of Greater Prince

William is a not-for-profit organization that provides opportunities for individuals with developmental disabilities and support for their families.

13505 Hillendale Drive
Woodbridge, VA 22193
703-670-4800
Fax: 703-670-8648
Website: www.arcgpw.org

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The Arc of Greater Prince William's 2nd Annual Golf Tournament to be held at Forest Greens Golf Club on May 9, 2008

The Arc of Greater Prince William's 2nd Annual Golf tournament will be held on May 9, 2008 at Forest Greens Golf Course. The golf tournament is The Arc's major fundraising activity. One of the reasons the tournament was so successful last year was because of the generosity of many. Such generosity is essential to reach our financial and programmatic goals. Last year's tournament raised \$30,000, which provided scholarships for children at our two childcare centers, Muriel Humphrey and Robert Day. Many of these children are medically fragile and require special care and supervision. In addition, we provided scholarships for adults in the Therapeutic Recreation Program. The Arc's recreational activities provide a comfortable environment for adults with disabilities to expand their self-awareness, physical well being and social enhancement. Without this assistance, low-income children and adults with disabilities would not be able to attend these unique programs. Please support The Arc's Golf Tournament and become a mini-sponsor.

Please consider being one of our ***Mini Sponsors***: Mini Sponsorships are for the non-golfer who desires to support The Arc golf tournament. For more information on The Arc, please visit our website at www.arcgpw.org, or call Mike Todd at 703-670-4800.



\$25: "The Putter"



\$50: "The Sand Wedge"

- ◆ Free Membership in The Arc
- ◆ Receipt of Quarterly Newsletter



\$75: "The 3 Iron"

- ◆ Free Membership in The Arc
- ◆ Receipt of Quarterly Newsletter
- ◆ Free lunch or dinner on Tournament day



Community Outreach Director,
Mike Todd
Tournament Chair, Bob Seefeldt

Please complete and return this form to:

**The Arc of Greater Prince William
13505 Hillendale Ave.
Woodbridge VA. 22193**

Please make checks payable to The Arc of GPW, and return by April 15, 2008. All contributions are tax-deductible.

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

Recreation Events

St. Patrick's Fund Raiser Dance-a-thon



We need dancers and we need financial supporters to make our annual St. Patrick's Fund Raiser Dance a success. The dance is **Friday, March 14th, Hillendale Fire Station, beginning at 7 pm.** Those individuals who raise at least \$50 will receive a St. Patrick's Day mug and top winners will receive special prizes. Money that is raised at this dance helps the Recreation program keep the cost for events down and also provides some scholarships for those unable to attend our many activities. As of this writing our recreation budget is in a deficit so we hope we can raise lots of money. If you would like to make a donation, please write a check to The Arc, 13505 Hillendale Drive, Woodbridge, VA 22193 and designate on your check "recreation program donation."



On **Saturday, March 22nd from 10 to 11:30 am**, The Arc will have its annual Easter Egg Hunt and Breakfast at the Muriel Humphrey Center for young children ages 1-12 and their families. Call the office, 703-670-4800, for more details.

Easter Egg Hunt

Spring Formal

Dust off your tux and fancy dress because on **Friday, June 6th** our annual formal dinner dance will be held at the Woodridge VFW on Minnieville Road in Woodbridge. This popular event is open to adults and paid reservations are required prior to the dance. Contact our Recreation Coordinator, Joy Ocetnik, at 703-670-4800 for more information.



Parents' Night Out

Enjoy a day or evening out knowing you have trained adults caring for your child with a disability and their siblings. The children have loads of fun activities while you are able to enjoy some much needed time for yourself. The cost is only \$1.25 per family per hour if you are a member of The Arc or \$2.50 per family if you are not a member. Where else can you get such a great deal!





Richard Villa will headline the 14th annual Circle of Support Conference to be held **November 8, 2008**. The planning committee is busy working on the details for the event which will include 15 morning and 15 afternoon workshops, on-site childcare, a Sibshops for siblings (ages 8 – 13) of children with disabilities, a continental breakfast and box lunch, and much more. Workshops will include using humor to fight stress, financial planning for your child's future, and many more. So, mark your calendars for this "don't miss" event and look for further details in future newsletters.

Respite Providers Needed

Do you have some extra time, particularly in the evenings and on weekends? Do you love children (and adults) with disabilities? Well, we need you! The Arc is in need of respite providers to assist families who have signed up for the program. Training is provided and a stipend is given for the time you spend providing respite care. Respite is a program that gives families a break from caring for their child with a disability for an evening, weekend, or longer so that they can spend time with their spouses or other children or maybe just running errands. If interested, please call Jan Russell at 703-730-3124 or e-mail her at jrussell@arcgpw.org.

Beginning Sign Language Classes

A four-week beginning sign language course co-sponsored with the Special Education Parent Resource Center will be offered on **April 22, April 29, May 6, and May 13, 2008**. Primarily for parents, attendance will be limited to 20 participants. The classes will be held at The Muriel Humphrey Center from 7 to 8:30 p.m. each night and presented by Cheryl Hancock, Administrative Coordinator for Hearing Impaired, Prince William County Schools. Childcare will be available for a small fee and light refreshments will be served. If this event is a success, we hope to offer additional classes in the future. There is no charge for the workshop. Please call Betty Ann Maher at the Special Education Parent Resource Center (and a member of our Board of Directors) at 703-791-8846 or e-mail her at bamaher@pwcs.edu to register.





Membership Application

Name _____

Address _____

City/State/Zip _____

Phone _____

Teen Membership	\$6.00	Individual/Family	\$15.00
Adult Self Advocate	\$6.00	Business	\$50.00

Dues and Donations are Tax Deductible

Mail to:

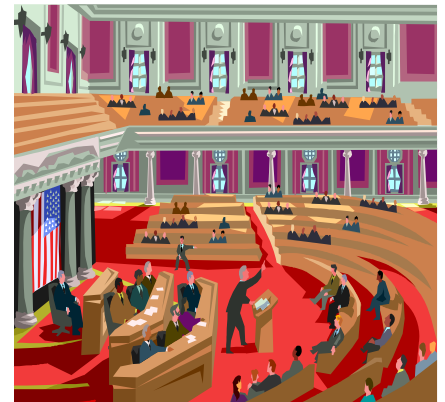
The Arc — GPW
13505 Hillendale Drive, Woodbridge, VA 22193



State Effort to Change Name - Removal of the “R” word

Our Arc has joined efforts across the state to remove “mental retardation” from all references in the Commonwealth of Virginia’s official documents. This follows a nationwide move to refer to persons as having intellectual disabilities rather than mental retardation.

Members of our agency were at the Virginia Senate Chambers in February when the senate voted to approve the change. At this writing the House has sent it for further review and hopefully before the state legislators adjourn for the year the change will be approved.



Membership Has Its Privileges

We hope you are a member of the Arc. Exciting things are happening at our agency and we hope you are proud of the work we try to accomplish. We are a membership organization open to anyone who is interested in supporting people with developmental disabilities. As a member, you automatically belong to the state and national advocacy organizations and you will receive their newsletter to keep you informed of their activities. We need you to join with us as we grow.



The Arc features:

Supported Living Program

Do you know of an adult who wants independence, needs support for their activities of daily living but does not need the supervision of a 24 hour group home? They may do well in one of our supported living sites.

Begun in the late seventies, our **Supported Living Program** currently serves 21 adults in various apartments, townhouses and single family homes throughout our community.

The program is designed for those adults who do not require overnight supervision but thrive with the encouragement and support from counselors who give as much time as

needed in the areas of budgeting, grocery shopping, medical appointments, maintaining a residence, social activities, etc. Each person's needs are different and the support they require differs too. More support is given during times of personal crisis or medical treatment. Some of the residents live by themselves, others have roommates. Two single family homes are used as transitional houses that serve adults who may have chronic medical concerns or are not quite ready to live independently but no longer require 24 hour supervision. Staff members live with these residents and instruction is given to help them gain greater independence.



If you would like more information on this wonderful program, contact **Terri Clay, Director of the Supported Living Program** at **703-580-5455** or come to our workshop on residential options on **March 26th**.

Real Estate Tax Exemption Granted

The **Board of County Supervisors** unanimously granted real estate tax exemptions for all of our group home and supported living residences that are located in the County. Previously only the state legislature could grant exemption but the state law was changed a few years ago and now the localities can grant the exemption.

We are the first agency to be granted an exemption and thanks go to **Robert Seefeldt**, Vice President of our Board of Directors, for working with Karen Smith to get this approval. They worked over a year on the matter and we are especially pleased the Supervisors agreed to the request as the County is facing revenue shortfalls. The estimated savings each year will enable us to address our ongoing maintenance needs of the homes so we can continue to be good neighbors.

Members Visit Richmond

Consumers, staff members and members of the Board of Directors made an all day visit in February to our elected state officials advocating on behalf of people with disabilities. One of the highlights of the visit was for **Senator Charles Colgan** to have our delegation of nearly 30 people introduced to the members of the Senate when they began their meeting. That day the Senate members voted approval to remove the word "mental retardation" from the state records and replace it with "intellectual disabilities."

Later in the day, members made personal visits to all the Prince William area delegation and other key state leaders dropping off valentines and requesting support for **800 new Medicaid Waiver slots, a COLA increase for service providers, and funds for people who do not qualify for Waiver services but need support.**

Early in January, Executive Director Karen Smith, testified during a state budget hearing on the Governor's proposed FY 2009 budget. She made a plea for those families on the waiting list for services with no help in sight.

Return Service Requested

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FROM WHERE I SIT

Karen L. Smith, Executive Director

When I started writing this newsletter I was concerned that we wouldn't have very much news to share. Wow, that certainly changed as we gathered various items to communicate with you.

The Arc is a very busy place. Each day staff members stay way beyond quitting time to make certain things get done on time and in a proper fashion. Phone calls get answered way beyond 5 pm when the office officially closes, residential counselors stay late because a resident is sick, and childcare workers come in at the crack of dawn to open the centers on icy mornings when the rest of the community is still sleeping.

**“The Arc is a
very busy
place.”**

Thanks to all the people who make up the family of The Arc – the consumers, the volunteers and the staff members. Together we have fun and hopefully provide meaningful services to those we care about.