

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 Spring Fling Dance

On Sunday June 9th, ARC held its 2024 Spring Fling Dance at the Castleton American Legion. Members enjoyed a lunch of a variety sandwiches and beans and cake for dessert followed by dancing and socializing with friends. ARC member Paul Brown Jr. won the 50/50 raffle and generously donated his winnings back to ARC. Thank you, Paul! And thank to the Castleton American Legion all the volunteers who made this dance a success. *Photos by Dmitri Beliakov.*



2024 Rutland Kiwanis Club “Family Fun Day” for ARC Members

On Saturday July 13th, ARC members enjoyed an afternoon at the Pittsford Recreation Area for Family Fun Day – an annual event sponsored and hosted by the Rutland Kiwanis Club for ARC. ARC members enjoyed hot dogs on the grill, potato chips, along with a variety of sodas and desserts. Additionally, members of the Mission City Church Youth Group helped and provided snow cones. Activities included karaoke, swimming, and socializing with friends. All had a great time. Our sincere appreciation goes out to the Rutland Kiwanis Club and the Mission City Church Youth Group.



Self-Advocates Becoming Empowered-Rutland (SABE-R) Activities



On Tuesday June 11, Karen Topper from Green Mountain Self-Advocates attended ARC's SABE-R meeting to give us some training on language and presentation techniques to use that engage the audience, particularly when presenting to law enforcement officials.

During July and August, SABE-R members continued their training to build on their communication and presentation skills for the Disability Acceptance Clinics they began holding last March and plan to continue this fall.

The focus of these new training sessions was to expand their presentations to include more audience engagement through conversation and a series of "What if" questions based on the barriers and prejudice those with disabilities face every day. The aim of these questions is to help the audience truly understand the challenges our members face by asking them "What if you" were in this situation.

The members are learning to get comfortable speaking and answering questions about their disabilities and how they are affected by them. They also address how the nondisabled treat them, and how sometimes that can be more limiting to them than their actual disability. We are so proud of our **SABE-R** members for their courage and dedication in doing this important work of educating Rutland County about people living with developmental disabilities.



AKtion Club Activities

AKtion Club member sold more of their "8 Bean Soup in Jar" and are now also making "Glow Jars" to sell. They have made two dozen glow jars and sold 13 so far at \$5.50 each.

On Saturday, August 10, AKtion Club and SABE-R members jointly held their Annual Car Wash Fundraiser from 10 am – 2 pm at the Bank of Bennington on Woodstock Ave. in Rutland. The funds raised from this event will be donated to assist a family in need this coming holiday season. We are sincerely appreciative to Bank of Bennington for hosting this event and to all who came to the car wash to support these groups.



2024 National Night Out

On Tuesday August 6th, ARC and its members had a booth at National Night Out. ARC gave out information about our programs and Rice Krispee bars. Members enjoyed the cookout and other activities.



Thanks to Dmitri Beliakov for many of the photos featured in our newsletter.

ARC Rutland Area Event Calendar Sept – October 2024

| DATE | TIME | EVENT | LOCATION |
|---|---|-------------------------------|---|
| Mon. Sept. 2 | Labor Day Holiday - Office Closed | | |
| Tues. Sept. 10 | 6 PM – 8 PM | SABE-R & AKtion Club Meetings | ARC Office |
| Sun. Sept. 15 | 12 PM – 3 PM | ARC Barn Picnic | Duffy Family Home in Poultney |
| OCTOBER 2024 | | | |
| National Disability Employment Awareness Month (NDEAM) | | | |
| Tues. Oct. 8 | 6 PM – 8 PM | SABE-R & AKtion Club Meetings | ARC Office |
| Mon. Oct. 14 | Indigenous Peoples' Day Holiday - Office Closed | | |
| Wed. Oct. 23 | 6:00 PM – 7:30 PM | ARC Board Meeting | ARC Office |
| Sat. Oct. 26 | 6:00 PM | Halloween Parade | In front of ARC Office – Service Building |
| Sun., Oct. 27th | 1:00 PM – 4:00 PM | Halloween Dance | TBD |

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