

March 2010

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	1 <i>Payday & Timesheets Due</i>  Advocacy Committee 7:30 am Agency Orientation 3-5 pm Mandatory Reporter 5-7 pm	2 Jammin' at The Arc 6-8 pm	3 BI & CR Vid 10-12 pm Doc Vid 12:30-2:30 pm Med Disp Video 2:30-4 pm Pizza & Movie 6-9 pm	4 Healthy Chefs 6-8 pm	5 GetAway Begins: 6 pm Arc March (Teens & Adults) Friday Flix / Game: 6-9 pm	6 Arc March 8:30 am Lindale Mall Jones Co. Group 8-2 Sat. Group Respite Relaxin' 1-5 pm GetAway Ends: 4 pm Arc March (Teens & Adults) GetAway Begins: 6 pm Children's Museum (Kids)
7 GetAway Ends: 4 pm Children's Museum (Kids)	8 Bumper Bowlers 6-8 pm	9 FFLO - Beef O'Brady's 11:30 am Cooking Club 5:30-7:30 pm (Poweshiek) Movin' & Groovin' 6-8 pm	10 Serv/Supp Mtg 4:45 pm	11 Healthy Chefs 6-8 pm	12 Friday Flix / Game: 6-9 pm	13 Hangin' 6-9 pm
14	15 Agency Orientation 3-5 pm Mandatory Reporter 5-7 pm Bingo - Hamburger Mary's 8-10 pm	16 <i>Payday & Timesheets Due</i>  Jammin' at The Arc 6-8 pm	17 St. Patricks Day BI & CR Video 10-12 pm Doc Vid 12:30-2:30 pm Med Disp Video 2:30-4 pm	18 Healthy Chefs 6-8 pm	19 Friday Flix / Game: 6-9 pm	20 GetAway: 9-5 pm Chuck-E-Cheese (Kids) GetAway: 9-5 pm A Movie (Poweshiek) Sat. Group Respite First Aid 11:30-1:30 pm GetAway Begins: 6 pm Hockey Game (Teens & Adults)
21 CPR Training 9-11 am 1st Aid 11:30-1:30 pm GetAway Ends: 4 pm Hockey Game (Teens & Adults) PDD/Asperger's 4-6 pm	22 RD Committee 4:45 pm Board Mtg 5:30 pm Bumper Bowlers 6-8 pm VU Pizza Party 6:30-7:30pm	23 Cooking Club 5:30-7:30 pm (Poweshiek) Movin' & Groovin' 6-8 pm	24	25 Foundation Meeting 5:30 pm Healthy Chefs 6-8 pm	26 Sports Mania 6:30-9:30 pm	27 Easter Egg Hunt 10-12 pm Med Disp 1:30-3 pm Documentation Training 11:30-1:30 pm BI & CR 9-11 am
28	29	30	31 Pizza & Bingo 6-8 pm			

Easter Egg Hunt March 27th, 10-12 pm

Summer Day Camp Wish List

Kitchen Needs:

Mixing bowls (medium to large sizes,) wooden/stirring spoons, blender, mixer, paper towels, napkins, 9 ounce paper cups, dish drainer, silverware (plastic- spoons and forks,) measuring cups, measuring spoons, cookie sheets, cake pans, spray bottles, egg timers/timers, garbage bags of various sizes.

Snack/Cooking Items:

100% Juice, canned fruit and vegetables, snack crackers-graham, animal, Ritz, etc., cereals-ready to eat, peanut butter, pretzels, granola bars, raisins, Rice Chex, Rice Krispies, Corn Chex, Wheat Chex, chocolate chips.

General Supplies:

Hampers, laundry sorter, bath towels, bleach, dryer sheets, scrub buckets, mop, broom/dust pan, pine sol, wet wipes, hand sanitizer, hand soap, washable bean bags (fire resistant,) cushions (fire resistant.)

Activity Needs:

Sensory Items - putty, koosh balls, weighted vest/blankets, construction paper, paints, plastic tablecloths, markers, glue, exercise balls, batteries, musical instruments for kids, rocker, toy box, legos, balls (playground, basket, foot, and beach balls,) fuse beads, masking tape, duct tape.

Please call Tara Cornelius at 365-0487 ext. 1044 to donate any of the above items.

Special Needs Financial Planning Session

Northwestern Mutual Insurance Company will host an informational session that will review their Five Step Special Needs Planning process for people with disabilities. The session will take place on Thursday, March 25th at 7:00 pm at The Arc of East Central Iowa office on the second floor. Topics will include:

- Planning for the future for your child with special needs
- How trusts can be used to stabilize financial security

Northwestern will not contact you after the meeting unless you specifically ask them to do so. Please RSVP to Jody Bridgewater at 365-0487 ext. 1045.

Join “Voices Unlimited” a Self-Advocacy Group

If you like to socialize with friends... then **Voices Unlimited** is for you!!
Voices Unlimited is a social club designed primarily for adults (18+) with disabilities. This group provides a place where individuals can share their ideas, build friendships, enhance social skill development and learn more about self-advocacy.

Voices Unlimited typically meets twice a month. One, a business meeting and the other, a social event. Most gatherings take place on weekday evenings.

Membership fee is \$8.00 per year. Members will receive a membership card, the monthly newsletter *Our Voice*, special discounts at events/meetings, first choice of free and reduced tickets for community event tickets donated to The Arc, double door prize coupons at special events and special prizes for randomly selected members in attendance at the activities.

Voices Unlimited is a self-advocacy group that provides events and meetings throughout the year that everyone in the community can be a part of! For more information on becoming a Voices Unlimited Member or upcoming events please contact Tara Cornelius at 365-0487 ext. 1044 or tcornelius@arceci.org.

Family and Friends Lunch Out

When The Arc was first chartered in 1953, the 17 founding parents got together regularly to discuss community needs, disability awareness and strategy.

Eventually mothers of children with disabilities began to meet for lunch once a month to trade stories, share common problems and have some fun. The group named themselves “Family and Friends Lunch Out” or FFLO. FFLO still meets once a month and some of the original members continue to attend. If you want to know more about FFLO please call Jody Bridgewater at ext 1045. The group meets at 11:30 am and the upcoming lunch locations are as follows:

March 9 – Beef O’Brady’s

April 13 – Olive Garden

May 11 – Blue Toad

June 8 - Starlight

Professional Home Health Services, Inc

Serving Iowans since 1993
24-hr Service
7 Days a Week

- Private Duty Nursing
- Home Health Aides
- Homemakers/Companions
- Physical, Speech and Occupational Therapy

MEDICARE/MEDICAID Certified
319.363.3318 800.926.5513
www.prohomehealth.com

Assembling, Sorting, Packaging & More!



Options
of Linn County
www.OptionsWorks.org

The final piece to your business's workforce puzzle.

3750 Williams Blvd SW, Suite 400 • Cedar Rapids, IA 52404
319.892.5800

Employers and Housing Providers Can Not Discriminate Against Individuals With Disabilities.

If you feel you have been treated unfairly, call the Civil Rights Commission to file a complaint. (319) 286-5036

- There is no cost involved
- Anyone may file a claim of discrimination as long as certain conditions are met.
- All inquiries and complaints are kept confidential

The Civil Rights Commission
is a neutral fact-finding administrative agency.



425 Second Street SE, Suite 960
Cedar Rapids, IA 52401
319-286-5036
www.cedar-rapids.org/civilrights