

"No one is perfect – that's why pencils have erasers."
Wolfgang Riebe

Cooking Class

The long awaited return of the cooking class has arrived! Thank you for your patience as The Arc had to postpone the cooking class due to so many other time sensitive classes and activities occurring at The Arc. Whew!

The cooking class will run on Monday's in May, starting at 6:00 p.m. and ending at 8:15 p.m. Registration is required to participate.

The cooking class is built upon the previous weeks instruction. The classes are 'layered' to keep repeating skills and lessons taught at class the previous week. Therefore, The Arc requests that if you register for a class that you do not miss any of the Monday evenings instruction. Every class is to be attended.

Anyone who did not make the registration cutoff for the fall cooking series will be given first priority. If there are spots remaining, The Arc will register people who participated in the fall and would like more lessons, in the order that they called in.

This means that if you took the class in the fall, you may be able to take it again, pending the number of new registrations The Arc receives. Class size is limited, intentionally, due to the hands on approach of the cooking instruction.

The spring cooking series will focus on garden vegetables and fruits as it is nearing the summer garden season. There will be a large emphasis on grilling with outdoor grills being used.

Call The Arc at 814.946.1011 to register.

Gardening Club

The garden club is back! This year we are starting at the beginning - actually growing flowers, herbs, and vegetables from seeds!

The garden club runs on Wednesday's from 2 pm until 4:15 p.m. The time will change as the weather turns warmer and summer heat necessitates moving the time to mornings. Participants take home flowers, herbs, and vegetables for their own home gardens.

This is a 'dirty' class - participants will get hands in dirt and mud on clothing or shoes. Please dress appropriately. Outdoor power tools are also taught and used. You must call The Arc at 814.946.1011 to register.

Below are some photos of the first couple of classes from April.



We Need Your Support

The Arc is having a hoagie sale again this year. The profit from the hoagie sale helps to fund the many activities and classes taking place at The Arc. Did you know that The Arc isn't government funded? No waiver dollars or state agency funds come through the door.

The only way The Arc offers advocacy at no cost, plus classes, dances, and other programs is through fundraising and careful monitoring of expenses. The board of directors at The Arc bear the brunt of most of the fundraising. Arc members are only asked to help with the hoagie sale and the Penn State tickets. Hoagies are easy to sell, especially from Ultimate Subs. The due date to return this form to The Arc is Friday, May 4.

If you have received advocacy assistance, attended a bocce program, a dance, chorus, drumming, gardening club, line dancing, game night, We Are Friends group, cooking class, art class, woodworking class, sewing class, trainings and conferences, or any other of the many classes offered to you at The Arc, then please consider selling subs. Thank you! The order form is on the next page.

The Postal Service Has It Under Control

It is so wonderful that The Arc is like a large family. Everyone looks out for each other and helps each other in many ways. This care extends to being sure the building is running smoothly. Many times people bring in the mail from the mailbox. That kindness is not always helpful. The mail in the mailbox is visible because it is "Outgoing" mail. It is forms families need to receive, or bills that have a payment deadline date, etc. The postal delivery person has a system arranged with The Arc. We do not want any mail being late because it was taken out of the mailbox and staff may be out of the office for a day or two. Thank you for trying to help - the thoughtfulness is appreciated - but please leave all mail in the mailbox at The Arc.

The spring dance was a festive time with dancing, prizes, and karaoke. Many thanks to the volunteers who made the night possible: Maryssa Brandt, Samantha Feathers, Becky Good, Georgi Sible and Aimee Willett, featured with other dance photos below.



Spring Dance Photos



FESTIVAL SUPPORT

Many of The Arc groups have practiced for months and will be performing at The Blair Creators Festival. The date is Saturday, April 29, in downtown Altoona.

The Arc groups will be performing every hour for 15 minutes beginning at the three-quarters of an hour (12:45, 1:45, 2:45, etc.). The location will be at Heritage Plaza, where the gazebo is (across from J.J. Hadley's restaurant).

The festival will have food, crafts, live bands and offers something to do on a spring Saturday. Please invite family, friends and neighbors and stop to watch the chorus, drumming, line dancing, and ukulele classes perform! We need your support!



May Class Schedule

Monday's, beginning at 6:00: Cooking Class. See front page for more details. Must register!

Tuesday, May 2 at 5:30 p.m.: Chorus

Tuesday, May 2 at 6:30 p.m.: West African Drumming

Tuesday, May 9 at 5:30 p.m.: Ukulele Class. Another concert performance next week for ukulele class so be prepared to practice!

Tuesday, May 16 at 5:30 p.m.: Chorus

Tuesday, May 16 at 6:30 p.m.: West African Drumming

Tuesday, May 23 at 5:30 p.m.: Ukulele

Wednesday's at 6:30 pm: Line Dancing

Wednesday's at 2:00 pm: Garden Club. The day and times are for MAY ONLY. Once the weather warms up, another time may be selected.

PARENTS - IMPORTANT CONFERENCE NOT TO MISS: Thursday, May 11 with 2 different times offered - afternoon and evening. The Arc, in conjunction with North Star Support Services, is offering a Parent to Parent workshop. See flyer on next page. This is by Parents, for Parents. Parents who have 'walked the walk' will be on hand to discuss ideas in planning. This training is for all parents regardless of what stage of life your child is in. Arm yourself with educated decisions since it is your child's future that needs planned. This is a lot more than getting your child enrolled with a companion service. The time to start making change and getting your child set up for life without you is while you are still able to guide the process. Register by calling The Arc at 814.946.1011 or on the website training page at www.thearcblair.org

SAVE THE DATE: There will be an updated safety course on CPR/First Aid/Fire/Emergency Planning in June. The Arc is waiting on confirmation from the trainer on exact date in **June**. Check the Arc website on the training page for updates and to register beginning May 22.

The Arc of Blair County
www.thearcblair.org
431 Jackson Ave
Altoona, PA 16602
814-946-1011

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Permit # 218

Current Resident or



The Arts at The Arc class looked like a scene from the television series "Breaking Bad", with chemicals and scales being used in the art class. The class theme for this year has been stained glass and some very creative projects are being designed. Congratulations to the students who have risen to the challenge of these advanced art techniques. Thank you to the Wolf-Kuhn Foundation for making this grant possible.



The Arc of Blair County, (814) 946-1011
 Organization: 431 Jackson Ave. Altoona PA 16602

Seller's Name: _____

Due Date: Due to Arc with 1 check
 payable to Arc Blair County
 by Friday, MAY 5

Delivery Date: Pick up at Arc on
 Thursday, May 18,
 from 2 pm to 6 pm



227 Bedford Street, Hollidaysburg, PA

Ultimate Subs \$9.00 per hoagie		Bake Shop Bakes \$6.00																				
Name	Flavor	American Wheat	American Wheat	Cheese Wheat	Cheese Wheat	Cheese Wheat	Cheese Wheat	Ham Cheese Wheat	Ham Cheese Wheat	Turkey Wheat	Turkey Wheat	Turkey Wheat	Turkey Wheat	Turkey Wheat	Turkey Wheat	Turkey Wheat	Turkey Wheat	Apple Cinnamon	Food Subs	Total Due	Ref	
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**** Please make checks payable to: YOU, the seller. Then you will write one check only to The Arc of Blair County. The Arc does not want responsibility for all of your money or checks from your buyers. One check only made payable to The Arc for the total amount that is listed on this sheet.

Thank you!
 Questions? Call The Arc at 814-946-1011.
 We truly appreciate your support!

Many parents believe they have a solid plan in place if anything should happen to them. Test your knowledge of how prepared your son or daughter is without you there to guide. The workshop on May 11, exclusively for parents, will touch on key points that parents should have ready. It doesn't cost anything but 2 hours of your time. Investing 2 hours to discover tips, tools and necessities for the rest of your child's life seems like quite a deal. Parents who are just beginning the journey of adult children in the disability system are also encouraged to attend and begin gaining knowledge. The Arc strives to offer 'meat and potatoes' trainings so parents do not have to travel to gather information.

Registration Now Open!

PARENT TO PARENT

By Parents for Parents

Thursday, May 11, 2023

1:00 pm to 3:00 pm

OR

6:00 pm to 8:00 pm

at

The Arc of Blair County
431 Jackson Avenue, Altoona, PA 16602
814.946.1011

Hosted by North Star Support Services &
The Arc of Blair County

**Take a
Leap of Faith! Hear
from those who have
walked your path**



Preparing your child for life after you are gone is taking a leap of faith. Preparing *YOU* for your child to live the rest of his or her life is taking a leap of faith. Life changes are not always easy changes. Join other parents who are going through, or have already experienced, the same nail-biting experience.

To register, visit the training page of The Arc website:

www.thearcblair.org or call 814-946-1011

state preference of afternoon or evening session and number attending

- If you worry "Have I planned correctly? Is my child set up for life without me in it or if I no longer can take care of him/her?", then this workshop is for you
- If you are just starting your journey in the adult provider system, this workshop is for you
- If you think you have a plan in place but not sure you have thought of 'everything', this workshop is for you
- Resources and ideas will be offered to guide parents whose children are 22 to 52
- Several parents will be available to answer questions in a relaxed social style setting on topics of where to live, maintaining hobbies and interests, having a choice in decisions and more
- We request only parents and caregivers or guardians attend to gain the most of the presentation
- Josh Burwell from Sicker/Tarpey CPA will offer a very brief introduction on recommendations to be sure your child is financially stable
- Becky Macdicken from the PA Department of Banking and Securities will give an enlightened short version of why it is important for people who receive services to be aware of basic money handling
- Ryan Platt of Special Needs Plan will offer tips on ABLÉ accounts and guardianship
- A large portion of time will be spent just speaking one on one to parents, asking questions, and camaraderie

**Appetizers and
beverages will
be available
at both sessions**



Achieve with us.