



"You are only here for a short visit. Don't hurry. Don't worry. And be sure to smell the flowers along the way." Walter C. Hagen

Arc RULES

Every now and then it becomes necessary to re-issue what some of the policies are at The Arc of Blair County.

- The Arc does not allow videotaping or photographs at Arc classes, programs, or events. Not everyone has agreed or signed a waiver allowing to be photographed and placed on social media. Recently The Arc had an incident where someone was recording at one of the classes and people who did not wish to be in the video showed up on social media.

Only Arc staff and volunteers with clearances are permitted to take photos and videos. Violation of this policy will cause removal from program or confiscation of cell phone and recording devices.

- The Arc of Blair County was formed to create independence and to allow a person to demonstrate full abilities. The Arc is not here to 'support' individuals or to 'have fun'. The Arc is different than other agencies and clubs. The primary reason for offering a wide variety of classes is to give each person an opportunity to learn and grow, to create his/her own voice.

The Arc requests that support staff, caregivers and families refrain from 'assisting' participants attending classes. Please do not help someone remove his/her coat, clean up a work station after a class, carry a chair to sit in, crush up food or get a drink, rush over if someone appears upset, tie a shoelace, or anything else that the person may be quite capable of completing if given a chance.

It is understood that folks are offering assistance out of the loving kindness of hearts. The Arc has witnessed, just as teachers often say that students act differently in class than at home, that when it is only participants attending on his/her own that the level of accomplishment rises. The Arc staff and lead instructors, though they may look like pre-occupied, are constantly monitoring situations and class 'flow'. They wait until they are certain someone truly needs assistance before intervening. Trust us, if staff or lead volunteers need assistance, there will be no hesitancy in asking for help.

The board of directors voted several years back to enhance the vision and values of The Arc of Blair County by honoring abilities, helping achieve possibilities and lead fulfilling lives fully integrated in the community. It is tough to practice these philosophies if participants at programs are being assisted by others. It is especially crucial that paid agency staff only assist the person they are supporting and only if absolutely necessary.

The Arc thanks you for respecting the choices of each person and for following the policies. The building is constantly in use at The Arc and we are fortunate that far and wide everyone is respectful, kind, appreciative, and gets along. Thank you.

Hoagie Sale

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.



227 Bedford Street, Hollidaysburg, PA

The Arc of Blair County, (814) 946-1011
 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



Ultimate Subs		Bake Shop Bakes						Total							
Name	Phone	American	American	Queso	Queso	Hams	Hams	Italian	Italian	Turkey	Turkey	Total	Apple	Total	Pad
		Wheat	Wheat	Wheat	Wheat	Wheat	Wheat	Wheat	Wheat	Wheat	Wheat	Sales	Dorings	Due	
1															
2															
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15															
Totals															

*** 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!

APRIL PROGRAMS

Monday's, beginning at 5:30: The Arts at The Arc classes ran over into April. 5:30 pm to 7:30 pm. Class is now full. The cooking class needs to be postponed another month, until May, because Cortny came up with so many great projects that the class hasn't time to finish.

Tuesday, April 4 at 5:30 p.m.: Chorus - We are practicing for community concert. Please practice your dance steps at home and be ready for the concert. There are only 2 practices left until the concert!

Tuesday, April 4 at 6:30 p.m.: West African Drumming - only 2 practices left until the concert!

Tuesday, March 11 at 5:30 p.m.: Ukulele Class. Please make every effort to attend in order to participate in the community concert. There are only a couple of practices until we go live.

Tuesday, April 18 at 5:30 p.m.: Chorus - please make every effort to attend. Last practice before the concert.

Tuesday, April 18 at 6:30 p.m.: West African Drumming - please make every effort to attend. Last practice before the concert.

Tuesday, April 25 at 5:30 p.m.: Ukulele Class - please make every effort to attend. Last practice before the concert.

Wednesday's/Every Wednesday at 6:30 pm: Line Dancing - please make every effort to attend in April to prepare for the concert.

Wednesday's/Every Wednesday at 2:00 pm: Garden Club. The garden club will begin Wednesday, April 5. The day and times are for APRIL ONLY. Once the weather warms up, another time may be selected. Please call The Arc at 946-1011 to register. We will start in the greenhouse, planting seeds into pots.

PARENT'S 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. This is by Parent's, for Parent's. Parents who have 'walked the walk' will be on hand to discuss things in planning. Have you realized that the years crept by and you realize you do not have a plan in place for your child after you are gone? This is the training for you. Has your child recently graduated high school and now you are overwhelmed but next steps in the adult system? This training is for you. There will parents, and experts in specific fields, to answer questions. The cost is free. Registration opens up April 11.

FESTIVAL SUPPORT

Many of The Arc groups 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!





The craft class finished strong following the Valentine's crafts with St. Patrick's Day wall hangings. Amber Bennett (left) and Colleen Weise (right) show their finished project.



Our illustrious art teacher, Cortny Himes, shown below channeling her Broadway dance skills, has outdone herself with this year's Arts at The Arc projects. More of the finished pieces will be included in the May newsletter. Students are hard at work learning a lot of new art techniques. This class is made possible through the Wolf-Kuhn Foundation.



The We Are...Friends group from Penn State Altoona and The Arc had a trivia and Bingo night back at the campus. The committee selected some really great prizes.



The Arc is blessed to have such engaged and hard working members who pay it forward to the community. Many times members stop in to help stuff mailings, cook meals for the board meetings or special occasions, and do other community tasked projects.

A large group got together at the Lakemont Park offices and stuffed thousands of plastic eggs with candy on behalf of Central Blair Recreation Commission and Lakemont Park. There will be a community-wide egg hunt for children before Easter.

Many thanks to those pictured at right: Sara Hiersche, Brook Baird, Camey Wilt, Mackenzie Carper, Erin Norris, Garran Burget, Hunter Malone and Renee Replogle. Plus a few extra helping hands stayed and assisted.



To the left is an example of some of the cooking students who assist with preparing meals for special events and things taking place in the community. Shown are: Sam Shaw, Emma Shaw and Brooke Baird. We cannot thank you enough for the dedication in helping all of the things on The Arc checklist get done!



The game night was a raucous time! Lots of board and card games before we moved onto the "team" competitions.

A large shout out to both the Penn State Altoona "SNAP" (nursing) program and the We Are Friends students who made sure every table had someone to teach the rules of the games.





Onto the "team competitions" featured above. There were some very challenging games, and only one team could win. Below the winning team celebrate their victory.



Team Celebration

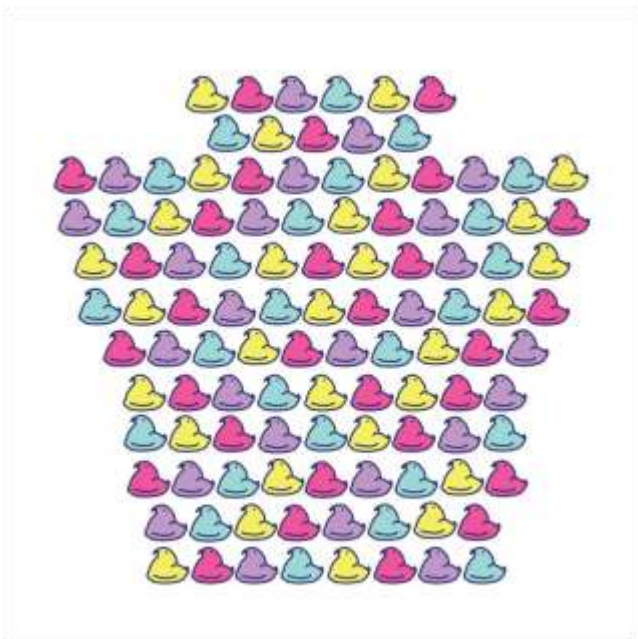


Achieve with us.

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Altoona, PA 16602
814-946-1011

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U.S. PSTAGE
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Altoona, PA
Permit # 218

Current Resident or



The Arc wishes everyone a very Happy Passover and Easter. May you be some "bunny's" highlight of the holidays.

