

# FALL / WINTER 2011

**We have updated our mission and vision:**

**The Arc provides advocacy, support and services to children and adults with intellectual and developmental disabilities and their families.**

**Our vision is that people with all levels of ability have and embrace the opportunity to work, have relationships, contribute to their communities and live life to the fullest.**

**Current Programs:**

**Adult Case Management** - Bill West continues to provide Case Management services to literally hundreds of individuals and families each year, even though his position had to be cut to half time this last year. The individuals he helps include those that do not always fit into the majority of programs, but due to homelessness, police involvement, mental health and addiction issues, these people greatly need assistance and support in navigating a very complex system. Bill also provides Behavior Consultation and Planning through our Skills Training Program.

**The Adult Recreation Program** offers a variety of community-based recreational opportunities to adults throughout each month. This program provides social opportunities for people who often stay at home and may not know how to meet people or build relationships without support.

Our **Skills Training Program** offers one to one support for children and adults with intellectual and developmental disabilities in Multnomah, Clackamas, and Washington counties. We recently have added Behavior Consultation and Job Coaching to our services. Our goal is to double this program, as there is so much need for supports, yet not enough funding to add the number of staff to accommodate the great need. With your help, we will be able to continue the growth in this area and make a great impact on people's independence in their communities.

**For information about our programs, please call (503) 223 - 7279 or visit our website at [www.thearcmult.org](http://www.thearcmult.org).**

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**Our offices will be closed Thanksgiving, Christmas, and New Year's Day**

**In memory...Judy Cunio and Rosella Samuelson**

-Charlotte Duncan



In their lifetime, with their help, we closed all our institutions and created multiple environments that offer inclusive opportunities to thousands of individuals. Their impact was felt at the legislature with the passage of new disability law and at the policy making tables where their vacant spaces will now be filled by other capable learned self advocates because of their work.

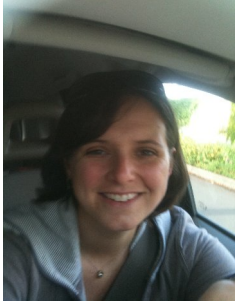
Their lives were filled with personal and professional accomplishments and challenges; as they grew older health issues complicated their mobility and activities. But to the end they could still inspire and lead and captivate a room. "Nothing about us without us"



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## MEET SOME OF OUR STAFF!



### Ellen Aspland (Skills Trainer)

"I enjoy working with others and helping them find their independence and own personal sense of adventure. I graduated from college in 2000 and have spent the past 10+ years working with children and adults with disabilities. I am excited to be a part of the Arc family and hope to make significant contributions to the organization."



CAMERA SHY!

### Kirsten Bracht (Account Services Manager)

Kirsten came on board in July and took on day to day bookkeeping and financial management. When she is not doing "accounting things", she balances life as a Reiki Master and Yoga Instructor to a variety of populations.



### Darryl Hammond (Donation Center Attendant)

Darryl has been our donation attendant since 2006 at the Halsey location. He has been married to his wife Dolly for 41 years and has 1 son. On Darryl's days off people often ask where is Darryl we just love him. He has a lot of fans here.

## 2nd Annual Halloween Costume Bowling Event!



Our Bowlathon was a blast! People played games, went bowling, and had a great time winning prizes for their costumes. There was a raffle that included an autographed Blazer Banner and some great Family and Entertainment Packs! We can't wait until next Halloween and hope you will join us!



## Please consider donating to our Client Emergency Fund!

We are trying to re-build this crucial resource. This fund will be available to help those with severe needs for basic items, including food, warm clothing, medication costs, as well as utility and rental assistance.

## THANK YOU!

We would like to extend a special thanks to our major donors and supportive foundations. Without their help, we would not be here to provide such a wide range of support to people in the community:

**MOR furniture, Savers/Value Village Stores, AMF Pro 300 Lanes, Miller Nash, US Bank, Collins Foundation, Autzen Foundation, Clackamas Board of Commissioners**

### BOARD OF DIRECTORS:

Vickie Edwards – President

Anna Keenan-Mudrick—Vice President

Bill Cullerton - Treasurer

Charlotte Duncan - Secretary

Kelly Bonner

Darian Slayton Fleming

Doug Lindgren

Wendy Lindsay

Katherine McDonald

Andres Ochoa

Bertha Spinning

Janet Straw

## SHARING TREE 2011

Christmas will be here and the stores are already bustling with decorations and anticipation of the season. Please stop by Washington Square, find The Sharing Tree outside of Nordstrom's. Through the generosity of the community, who choose hearts from the tree that list a gift, more than 300 of our clients and their families receive presents who otherwise may go without. This is such a special event. The Arc works with Clipped Wings and volunteers pick up and deliver gifts as well as go to Washington Square to attend the tree. We would love to have volunteers for this event!



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**PUT YOUR USED GOODS TO GOOD USE!**

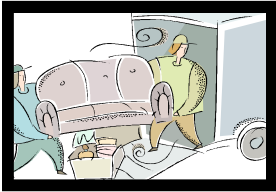
This is a great opportunity to go through your closets, and dressers and make a 2011 tax deductible donation before the end of the year! There are so many ways you can donate your items, and you will be contributing to The Arc of M-C's Programs and Services.

**WE WILL PICK UP YOUR ITEMS FOR FREE!**

Call (503) 777-4736 or (800) 379-2424

Or...you can bring your items to us!

**ATTENDED DONATION SITES**



**6929 NE Halsey Street, Portland, OR**

9am-6pm Monday thru Friday  
9am-7pm Saturday and Sunday

**407 S. Holladay, Seaside, Oregon**

10am-4pm Thursday-Monday

You can also drop your donation at a local Value Village Store, or at one of our drop bins located throughout the area. For locations, please visit our website, at [www.thearcmult.org](http://www.thearcmult.org).

\*\*\*\*We **CANNOT ACCEPT** baby furniture, exercise equipment, large appliances or gas-powered items like lawn mowers, TV's, computer items, mattresses and box springs. \*\*\*\*



**DONATE YOUR VEHICLE!**

Call (503) 239-7944 or visit <http://www.charity-connections.org/donate.html> and make sure to choose The Arc of Multnomah-Clackamas as the Beneficiary!



**OTHER WAYS TO HELP THROUGH THIS HOLIDAY SEASON**

We, like many others, are looking to this Holiday Season with hope. The Arc of Multnomah-Clackamas has been providing advocacy, services and supports for nearly 59 years, and we would love nothing more than to thrive for another 59! Please consider one of the following ways to support us, so that we may grow and thrive and continue to impact the lives of the many people we serve.

**MAKE A TAX DEDUCTIBLE DONATION**

Most of our donations come from people just like you. Caring individuals committed to making our community an environment of inclusion. These funds will allow people who do not have funding for services get the supports they need.

**Your dollars support social recreation and inclusion.**

Your \$25.00 donation will pay for a one-year membership fee to The Arc Recreation Club. The Rec Club offers young, mature adults with intellectual and developmental disabilities a variety of activities in the community and a chance to get together with friends.

**Your dollars promote independence.**

Your \$60.00 donation will provide 2 hours of skills training for an adult with a disability, or respite care for a family / caregiver. Skills training includes one to one instruction and support to increase independent living. Respite includes giving the family / caregiver a break from the dedicated time they have committed to their loved one with a disability.

**Your dollars promote success.**

Your \$90.00 donation will provide 2 hours of vocational support through Job Development and Coaching. Job Development includes assistance with finding a competitive job in the community. Job Coaching then begins to ensure the individual is successful in their job, and works towards advancement. This includes assistance with communicating to employers and supervisors and direct one to one assistance at the job site.

Call us at (503) 223—7279 or visit our website at [www.thearcmult.org](http://www.thearcmult.org) and click on Donate Now! We accept all

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The Arc of Multnomah-Clackamas

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### **MESSAGE FROM THE BOARD**

This is an exciting time for The Arc of Multnomah-Clackamas. Anne Zaccardi, Administrator, has added much needed stability to the office and increased the Skill Training and Respite programs. Kirsten Bracht, our Accounting Services Manager, has worked closely with board members and the accountant to present accurate financials. The board is very grateful to all our wonderful employees for their commitment and dedication to The Arc.

The Board of Directors has been very involved in all aspects of The Arc. Anna Keenan Mudrick's leadership as Vice President, has been especially helpful to the board's function. Bill Cullerton, Treasurer, has taken an active leadership role in finances and reporting. Charlotte Duncan, Secretary, continues as a volunteer writing grants, overseeing the Used Goods program, and lending her expertise and time as needed. I am proud to say that every board member has been actively involved in fundraising and board responsibilities. Thank you to the many volunteers who add time and energy to the Adult Recreation Program, fundraising events, and program development.

The Arc continues to struggle with the challenging task of financial instability. With the help of people like you, who are concerned about the services and the advocacy that The Arc provides, the future growth of The Arc is possible.

Vickie Edwards  
Board President

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