



the Ambassador

Advocacy Resources Community Building

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The Arc Project Update

Submitted By: Torri Dietrich

Bill Cox, President of the Greater Bel Air Community Foundation awards a check for \$25,000 to Paul Muddiman, Co-Chair of The Arc Project. The Arc Project is designed

to enhance the quality of life for people with developmental disabilities who are aging and have increasing needs for accessible housing so they can "age in place". Gemcraft Homes is building a wheelchair friendly home in Bel Air with enhanced accessibility for The Arc at cost. If you wish to get involved with this very worthy project, please contact Torri Dietrich, Director of Development at The Arc Northern Chesapeake Region at 410-879-6785, extension 347 or email tdietrich@arcncr.org.



From left to right (front): Terry Troy, Bill Cox (President of GBACF), Kathy McMillian, Paul Muddiman, (Co-chair of The Arc Project), Bill Luther. From left to right (back): Joe Pfaff, Donn Dietrich, Jim Welch, Jim Lambdin, (Co-chair of The Arc Project).

Friendship and Exercise: Fun Pairsuits!

Submitted By: Mara Walter



Ruth of Bel Air shows her friend Stefanie of Havre de Grace her favorite weight machine at the Bel Air Athletic Club.

Stefanie McAdam met Ruth Lingo last July. Stefanie had submitted an application to join Pairsuits, a unique opportunity offered by The Arc where volunteers and individuals using Arc services partner for community activities based upon shared interests, goals, dreams and personal passions. Ruth liked to walk. Stefanie liked to walk. The pairing process worked! Stefanie and Ruth have met to walk the track at the Bel Air Athletic Club every Wednesday since August with very few exceptions. Walking fostered talking and now how the words flow! Ruth has been able to count on Stefanie's emotional support through a recent change in

her living situation, and the stress of moving. Stefanie was the guest of honor at Ruth's birthday party in November. In December Ruth could hardly wait to give Stefanie the Christmas craft she'd made at Michael's. According to Ruth, "I like to exercise and I like having Stefanie as my friend." Stefanie says the same of Ruth. A Pairsuits pair, for sure.

Want to learn more? Contact Mara Walter, Volunteer Program Coordinator at 410-836-7177 or mwalter@arcncr.org for the next Pairsuits information session.

United Way Cuts Funding For People With Developmental Disabilities

The United Way of Central Maryland's recent decision to eliminate virtually all funding for individuals with disabilities and their families is the culmination of a steady retreat from its over 30 years of support.

Given the shift in United Way's priorities, we encourage the community at large to show its support for their family, friends and neighbors with developmental disabilities through direct contributions to The Arc Northern Chesapeake Region at 4513 Philadelphia Road, Aberdeen, MD 21001. If you have an opportunity to donate through your workplace, The Arc's designation number is 058.



Senator Robert Hooper and Michael Raidt.

PEOPLE FIRST of Harford County

Achieving yesterday's dreams ... Building tomorrow's promise"

People First of Harford County is a self-advocacy group for people with disabilities. We usually meet the first Monday of every month, from 6:30 pm – 8:30 pm at Christ Our King Church in the Alpha Room near Bel Air (10 Lexington Road off of Route 924 across from Ring Factory Elementary). All are welcome. For more information, contact Vernon DeHaven at (410) 638-1465 or Mitchell Neiburger at (410) 836-7177, ext. 355.

UPCOMING MEETINGS:

February 5, 2007	August 13, 2007
March 5, 2007	September 10, 2007
April 2, 2007	October 1, 2007
May 7, 2007	November 5, 2007
June 4, 2007	December 3, 2007
July 9, 2007	

Please be sure to arrange your transportation to/from the meeting.

MEMBERSHIP

Electrify The Arc...

Submitted By: Mitch Neiburger

With the elections over and the General Assembly set to reconvene in January, this coming year will bring us many familiar returning faces and as many new faces in both Annapolis and in Washington. Due to a projected 5.8 billion dollar structural deficit in Maryland, the Governor-elect has stated that there will need to be some "tough choices" made in spending priorities.

A great advocate for the disability community, Justin Dart, once said that each of us should "...get into politics as if your life depends on it, because it does..." This rings true now more than ever. In order to guarantee that these "tough choices" on spending priorities do not adversely affect the lives of people with disabilities in Maryland, we need you! It will be extremely important this year to continue to develop a united front of self-advocates, parents and family and supporters to educate the incoming Governor on the priorities of people with disabilities, as well as insure that actions in the General Assembly reinforce opportunities for people with disabilities to have real lives of quality in communities of choice.

We can't do it alone. There is strength in numbers. So how can you help...? Join The Arc. If you are already a member, consider giving a gift of membership to someone you know. And re-join when your yearly membership comes due. And what will you get for your membership?

- Updates on activities and events locally, in Annapolis and Washington that can affect the lives of people with disabilities, including your loved ones, neighbors, friends, co-workers, and ways that you can get involved to make a difference.
- Educational opportunities through our seasonal Membership Workshop Series.
- Our Ambassador Newsletter ... full of useful information.

If that's not enough:

- Membership in the national Arc (The Arc of the United States).
- Newsletters from The Arc Maryland and The Arc of the United States

Did I mention the opportunity to make a difference? Well, you can't say that too often. Together we can help improve the quality of life for all adults and children with developmental disabilities and their families. **Join us ...at The Arc!**

Promoting Health in the Disability Arena

Mike Cornish, a Nurse Case Manager for The Arc, has gone the extra mile in the spirit of wellness and it was his vision to create the idea of a body challenge competition for staff and consumers. In addition to Mike's other duties including overseeing pharmacy communication and medical appointments, on-site first aid, and staff training. Mike not only coordinated the program but was involved with coaching the participants.



The Body Challenge competition is a twelve-week physique transformation contest where competitors attempt to make the most significant overall body changes in the areas of weight, body fat percentages, fat weight and lean body mass. The coaching consists of meal planning for a 2-4 week period to familiarize contestants with healthy food choices. Contestants are also taught when to eat certain food groups throughout the day and how many meals to eat daily and receive training in varied aerobic activities. Mike has lead aerobic sessions and demonstrated resistance training as well as the benefit of hypnosis therapy as part of their coaching. Participants have also had the opportunity to learn the entire Five Animal Frolics Quigong system to help them accomplish their fitness goals. Thus far, Mike has conducted two body challenges and will be conducting the third in year 2007. He has also presented the Body Challenge concept at The Arc of The United States Convention in October in San Diego, California.

Receive the Ambassador Newsletter in your email box!

We want your current address and email records to be correct. Please let us know if there is a change in your information so that we can keep YOU in touch with the latest news!

Simply call, write or email your address to us and we will add you to our email distribution list. Call Bev at 410-836-7177, ext.338, or email to bolsen@arcncr.org.

Invest in The Arc, Help People to Live Rich & Vibrant Lives

Helping people to live rich and vibrant lives is at the core of The Arc's philosophy and mission. The Arc supports people with disabilities to create lives that mirror yours and mine: students attending neighborhood schools, adults going to work and living in their own homes, and individuals enjoying the social and recreational opportunities of their communities.

The Arc guarantees a return on your investment! Your contribution will make a difference in the lives of people with developmental disabilities in the following ways:

\$25-\$100

- A night out at the ballgame
- A holiday gift for an individual with no immediate family
- An art class for an aspiring artist
- A fitness class for someone who wants to improve their stamina
- A few hours of respite care for parents of a child with a disability

\$250-\$1,000

- A guest speaker for a Foster Parent training program that give families the tools to care for a child with special needs
- A camp scholarship for a child that is on summer vacation
- A computer with email to allow someone to remain in contact with families and friends
- An appliance or funding to cover home improvements for our Supported Living Program

\$2,500 and above

- A walk-in shower to enhance accessibility in a bathroom
- Adaptive equipment to increase one's level of independence

\$20,000

- A new vehicle that will help transport people to jobs and recreational activities

Make your donation!

Yes, I want to Help People to Live Rich and Vibrant Lives

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Email: _____

Home Phone: _____ Work Phone: _____

I would like to invest in The Arc to help people live rich and vibrant lives!

I/we wish to donate _____.

Please make checks payable to The Arc Northern Chesapeake Region. Mail to The Arc NCR, 4513 Philadelphia Road, Aberdeen, MD 21001

Please charge my Visa/MC #: _____

Expiration Date: _____

Authorized Signature: _____

Or pledge on-line at www.arcncr.org



Ruth and Eleanor take a break from exercising

The Arc Promotes Team Wellness

Submitted By: Elaine Orbino and Mike Cornish

Eleanor's family soon discovered why all of her change for soft drink money was accumulating. Every week, they gave Eleanor her allotment for soft drinks and they couldn't help noting that her soft drink fund was accumulating in her room. They soon discovered the reason ~The High Hats. Eleanor was participating in the Team Body Challenge with five other teams. Eleanor and her teammates "The High Hats" were receiving suggested meals and personalized menu suggestions as the competition progressed which included cutting down or eliminating the consumption of soft drinks and drinking more water.

Lead by Mike Cornish, Nurse Case Manager for The Arc, activities were scheduled for both staff and consumer participation. Mike adds, "The hope was to see measurable weight and body fat loss. The purpose was to positively raise the consciousness and education of all concerning health, fitness and nutrition."

Eleanor and Team Body Challenge contestants got into the spirit of the competition. They showed up faithfully for the weekly weigh-in and were mindful of the food choices and dietary changes they needed to make to achieve their goals. The goal at the forefront of everyone's mind of course was to win the Team Body Challenge.

Two teams throughout this competition have led the way and have consistently participated in fitness activities and demonstrated weekly weight loss. The Rouges and the High Hats showed great progress during the competition and that speaks not only to their motivation, but also to the guidance and leadership of their team captains. The High Hats lost a total of 18.5 lbs. and 4.5 inches making them the winners of the Team Bod Challenge and the Rogues lost a total of 18lbs and 4 inches. Most Weight Lost Award went to Laura Frisby; Most Participation Award went to Eleanor Lenane; Most Knowledgeable of Wellness Award went to Ruth Lingo; and Most Active Team Leader Award went to Rebecca Robinson.

CONGRATULATIONS

to the following individuals on their accomplishments:

ROGUES:

Laura Frisby, Joe Cardiff,
Louis Barnard, James Wise

RIFFS:

Nicole Edwards, Anthony
Perry, Richard Curtis

MOON RUNNERS:

Angel Ayala, Ed Thomas,
Donald Baca

FURIES:

Chantel Lee, Joanne
Witherspoon, Monique
Morrison

HIGH HATS:

Rebecca Robinson, Ruth
Lingo, Eleanor Lenane

RANGERS:

Michael Madigan,
Wayne Martin

Governmental Affairs and Public Policy

For governmental affairs and public policy information, visit The Arc of Maryland website at www.thearcmd.org or the home page of The Arc Northern Chesapeake Region at www.arncr.org. The Arc Northern Chesapeake Region is a chapter of The Arc of Maryland, which is the statewide public policy advocacy organization committed to dignity, civil rights, quality supports, community inclusion, and the empowerment of individuals with cognitive and developmental disabilities and their families.

Email Addresses Wanted

If you're a member of The Arc and want to receive updated information electronically, please forward your email address to bolsen@arncr.org at The Arc.

Major Fundraiser, After dArc in Planning Stages

Sponsored by Saxon's Diamond Centers

"Be Wined, Be Dined"

Sponsored by Visage Salon & Day Spa and Jordan Thomas Salon & Spa



Ronnie Bailey of Visage Salon & Day Spa and Terry McGill of Jordan Thomas Salon & Spa are the Presenting Sponsors of the Be Wined, Be Dined Raffle to benefit The Arc.



Tim Quinn, Executive Director at The Arc and Art Donovan, former Baltimore Colt, gear up for After dArc 2007.

Art Donovan, the colorful former Baltimore Colts defensive lineman and Hall of Famer, along with Tom Matte and Toni Linhart, former Colts' greats, Scott Garceau, Channel 2 News Sports Director, Bob Turk, Channel 13's respected weathercaster, and Donna Hamilton, Co-Anchor at 11 News, will join Harford County celebrities at the Third Annual After dArc Celebrity Chef and Auction Event Hosted by The Arc Northern Chesapeake Region on Saturday, March 31 from 7pm to Midnight at Maryland Golf & Country Clubs in Bel Air, Maryland. The celebrity chefs will join Harford County celebrities, County Executive David Craig, Delegate Barry Glassman, Daniele Lemarie Fleischer, Tony Meoli, Sheryl Davis Kohl, Bill Cox, and Mary Chance, who will be preparing an American and International menu.

The event will include a silent and live auction including a basket competition, wine-tasting festivities, martini bar, and music and dancing to the live sounds of Tony Berry and New Money, the lead act at this year's Baltimore Inner Harbor New Year's Eve Celebration.

The evening will culminate in the drawing of the winning raffle ticket for the "Be Wined, Be Dined" raffle which includes a grand prize of \$1,500 in gift certificates to area restaurants including Basta Pasta, Josef's, Enotria, Scotto's, Looney's, McGregor's, Tidewater Grille, Beechtree, Outback Steak House, Crackpot, Bulle Rock, Torinos, Mountain Branch, Open Door Café, MaGerk's, Sakura, and Sean Bolan's. The raffle tickets are priced at 1 ticket for \$10 or 5 tickets for \$25 and the winning ticket will be drawn at the event. Ticket holders do not need to be present to win. The raffle ticket sale to benefit The Arc is sponsored by Visage Salon & Day Spa and Jordan Thomas Salon & Spa. Raffle tickets will also be sold at the salons up until the date of the event.

Silent and live auction items include vacation packages, sports memorabilia, and a selection of specialty baskets including wine and spirits, chocolate lover's, golf, floral, pet, culinary, gourmet coffee/tea, spa, and mystery baskets.

The artist's competition, "One Enchanted Evening", will feature local Harford County artists capturing the essence of the event and their work being auctioned off at the end of the evening.



After dArc 2007 Committee: L to R: Back Row: (Paul Levine, Brian McElwain, Dana Bauer, Jen McGann, JoAnna Collins, Jan Haddy, Michele Stutzer, Ronnie Bailey, Terry McGill, Sherri Fronczak, Elaine Orbino, Connie Donato, Judi Ascenzi, Anna Lambdin, Daniele Fleischer, Torri Dietrich, P.J. McGill. Front row: Two future Raven's. Not pictured: Kelly Bonsack, Louise Costello, Sharon Flynn, Debbie May, Kathy O'Hara, Debbie Ruane, Kenny Spicer, Celeste Wilhelm, Sophie Wittelsberger, Nancy Worthington, and Pat Castoro (Chair). Photography by Jim Keefe

Event ticket price is \$125 per person and will be sold on a first-come, first-serve basis. Individual tickets can be purchased on-line at www.arcncr.org and The Arc is offering sponsorship opportunities. For more information about event tickets, raffle tickets, or sponsorship opportunities, contact Paul Levine at The Arc at 410-879-6785, or email at plevine@arcncr.org

Family Services Bowling Party

Submitted By: Anne Cerruto

I cannot believe that the Family Services Holiday Party has come and gone. Time flies when you are having fun. We had 189 people in attendance including families, volunteers, and staff. Oh, I forgot we had 190 people attend because we certainly cannot forget the “big guy”, Santa himself, taking time out of his busy schedule to visit everyone and to spread some Holiday cheer. Of course the children were lined up to give him their Christmas wishes and to have a picture taken with him.

While children were waiting to see Santa they were able to engage in some exciting bingo games. The winners could choose among an assortment of age appropriate prizes. The fun was evident by all of the smiling faces.

The biggest hit was to be able to bowl as much as you wanted within the two-hours. Once again, Forest Hill Lanes was very accommodating and supportive to us during the planning and on the actual day of the event. They helped set up and clean up, provided lanes for wheelchair accessibility, and offered the use of the push sticks and bowl launchers. Most importantly, they were available for whatever we needed during the time of our event. If you bowl at Forest Hill Lanes, be sure to thank Jim Miller, General Manager and his staff for their wonderful support to The Arc.



Mr. Gentry and his daughter enjoying some one on one bowling.



Volunteers from Thompson Toyota taking some time before the party rush begins.

This event was made possible by Thompson Toyota. Thompson Toyota not only financially sponsored the party but they also volunteered in a variety of ways to support our consumers and families. Paul Greene and his staff, along with his family helped set up, clean up, run and serve pizza and beverages, run the bingo game, and in general, made sure that everyone was having a good time. At the end of their volunteer shift they worked in a little bowling in too. Therefore, I would like to give a great big THANK YOU to Thompson Toyota for helping to make our Holiday Party a BIG HIT!

The Arc Holiday Campaign Brings Joy To The Season

The Arc raised over \$6,000 for the 2006 Holiday Campaign Fund. Local companies, organizations, and churches donated cash and gift cards with all proceeds going directly to people in financial need receiving services at The Arc or who have no immediate family. Thanks to our generous donors who brought peace and joy to people in their community. Thanks to Bea Kolchin, Arc Member, for her enthusiastic support with this campaign.

The Arc held a Holiday Card Art Contest which served as a fundraiser to benefit the newly created Dream Fund. The four talented winners were Patty Jo Evans, Jesse Cook, Kasia Oledzka, and Ryan Eakin created holiday themed artwork. Others who received the designation of “Runner Up” included Greg Myers, Eleanor Lenane, Cindy Martin, Blake Chell, Clifton Carter, Jr. (CJ), Andrew Platt, Shane Christensen, and Tricia McBride. The Arc Dream Fund will be utilized to financially support the dreams of individuals supported by The Arc.

Golf Tournament Raises \$30,000 for The Arc

The Arc Northern Chesapeake Region hosted its annual golf tournament this year sponsored by the Bel Air New Car Dealers with proceeds going towards The Arc Project. The Arc Project is designed to enhance the quality of life for people with developmental disabilities who are aging and have increasing needs for accessible housing so they can "age in place".

The tournament was held at Maryland Golf and Country Clubs in Bel Air. Tom Walls of Plaza Ford in Bel Air was the Chair for the tournament.

The success of the tournament was made possible by our generous sponsors:

ULTIMATE MAKEOVER SPONSORS

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Bel Air Auto Auction
M&T Bank
McKee & Associates
Upper Chesapeake Health

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APGFCU; Austin McGill Group; B&L Sales;
Benfield Electric; Cecil Community College;
Chesapeake Publishing; Comcast; Enabling Technologies;
Enterprise Rent-A-Car; Father Martin's Ashley;
Ferrell Fuel Company, Inc.; First National Bank of North East;
Harford Mutual; Jordan Thomas Salon and Spa;
Kissinger Financial Services; Lambdin Development Company;
MartinoBlum; Maryland Auto Dealers Services, Inc.;
Maryland Golf & Country Clubs; Mercantile County Bank;
Morris & Ritchie Associates; PDP Group; Plaza Ford;
Primary Electric; Promo-Logic; Bob Simon/Long & Foster;
Slavie Federal Savings; Summit Financial Services;
Wendy Wright, Personal Trainer;
and Worthington, Wilkinson & York.

Volunteers for the event included: Judy Ascenzi, Dana Bauer, Joe Cardiff, Marian Dietrich, Torri Dietrich, Sheri Fronczak, Robin Kanaras, Janet Kenyherz, Anna Lambdin, Paul Levine, Phil Logan, Jack Loux, Valerie McCarty, Tiffany Muddiman, Bev Olsen, Elaine Orbino, Hyun Pierson, Bob Simon, Jen Starkey, Nancy Worthington, James Wise, and Wendy Wright.

The Arc would like to thank the following committee members for their tremendous efforts in coordinating this year's golf tournament: Dana Bauer, Michael Blum, Donn Dietrich, Connie Donato, Anna Lambdin, Dr. Joseph LaPonzina, Paul Levine, Phil Logan, Jack Loux, P.J. McGill, Elaine Orbino, Curtis Way, Thomas Walls, and Nancy Worthington.

The winning foursome at the mixed tournament held on October 23rd included Lee Louis, Mike Beck, Brian Gettier and Brian Henry.

The winner of the Week at The Beach Raffle was Susan Johnson, a retired teacher from William S. James Elementary School.

Training Classes For New Prospective Foster Parents

We hope that this arrangement will meet your scheduling needs. To RSVP, please contact Dianne Ross at 410-836-7177 ext. 402 or email to dross@arcncr.org.

SCHEDULE

DATE	TIME	DATE	TIME
3/5	6:00 PM – 9:00 PM	3/10	9:00 AM – 4:00 PM
3/6	6:00 PM – 9:00 PM	3/12	6:00 PM – 9:00 PM
3/7	6:00 PM – 9:00 PM	3/13	6:00 PM – 9:00 PM
3/8	6:00 PM – 9:00 PM	3/14	6:00 PM – 9:00 PM

Visit Our Website www.arcncr.org

The Arc website has new and exciting features.

Families can access information about events and other information pertaining to their sons & daughters.

- Register for workshops & outings.
- Read current and past newsletters, press releases, & annual reports.
- Find links to important websites.
- STAY INFORMED!

The Arc Northern Chesapeake Region TREATMENT FOSTER CARE

Build a brighter future...become a foster parent!



For more information on how you can become a foster parent, please contact Dianne Ross, LCSW-C, at The Arc Northern Chesapeake Region at (410) 836-7177 ext. 402 or dross@arcncr.org

The
Arc
NORTHERN
CHESAPEAKE
REGION

*Serving Harford,
Cecil, & Kent Counties*

Changing Minds...Changing Lives
4513 Philadelphia Road
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www.arcncr.org

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