

# The Ambassador

A newsletter for Friends of The Arc Northern Chesapeake Region

Fall 2005

changing.....  
minds.....changing  
lives



Chad Dukes, (c)  
Director of Community Partners, Lisa  
McGann and her daughter, Clarie  
McGann visit Kleins

## Arc Life Assistance . . . A Dream Becomes A Reality

By Elaine Orbino and Tim Quinn

Lisa McGann had a dream that her daughter Claire, a successful Harford County inclusion student would have a full life in her community after graduation. A life filled with the things that Claire loves to do, such as attending sporting events, going for walks, and even grocery shopping! Lisa knew planning and support were required for this dream. Lisa recognized that Claire had to be exposed to and involved in her community, starting as soon as possible in her middle school years, to work towards their post-graduation goals. It has been five years since Lisa wrote to Tim Quinn, Executive Director at The Arc Northern Chesapeake Region, and shared her dream for her daughter's life. In Spring 2005, The Arc's *Community Partners'* pilot service initiative, *Arc Life Assistance* was formed to create community transition supports for young people with developmental disabilities.

This summer, several young people and their families who have been receiving services from The Arc began the program. Claire McGann, now twelve, attends Bel Air Middle School and, through The Arc Life Assistance program, has developed a deeper relationship with people in the places that she frequents . . . what once was a smile given to Claire by a store employee has now evolved into an interaction. Claire's decision-making skills have improved, and through techniques such as eye gazing to communicate, she now has more ability to control aspects of her life. For example, Claire has learned picture symbols of food items and now helps mom with grocery shopping. "Even though the program has ended, Claire is still reaping the benefits", says Lisa McGann. *Arc Life Assistance* has enabled Lisa to keep her daughter at home all summer with her sisters while keeping Lisa at her own emotional and physical best by offering a few hours of help each week. "What a gift", she adds.

Kathy Cooper will tell you that *Arc Life Assistance* was a perfect fit for her active twenty-year old daughter, Melanie, who prefers work to any other activity. Not only was it a learning experience for Melanie, but also for Arc staff member Shannon Gettier, who learned about Melanie capabilities. Melanie and Shannon worked together on basic life skills such as grocery shopping and social activities such as a day at the athletic club and going out to lunch, along with all of the planning and steps involved with each experience. As Melanie moved out into her community with Shannon's support, she took on additional responsibilities and increasingly interacted with people in her community. Sharing the day's experiences with Melanie gave the family an opportunity to discuss Melanie's future work and social life. Kathy adds, "This proved to be a great experience for us, all the way around."

The open exchange of information and ideas among the family members and Arc staff was encouraging. The Arc was able to help families understand the diversity of services offered, while families discussed both the challenges and special joys they have as parents of young people with disabilities. Chad Dukes, Director of *Community Partners*, notes, "Our staff worked alongside family members to help children get out in their communities and make some type of connection, a connection that would not have been possible for those with the most severe disabilities."

For more information about the *Arc Life Assistance* initiative, please contact Chad Dukes, Director of *Community Partners* at

## The Arc's 7<sup>th</sup> Annual Cecil Golf Tournament a Success By Anna Lambdin



The Arc extends sincere appreciation to all the businesses and individuals who supported our 7<sup>th</sup> annual Cecil County golf tournament held on Friday, October 7<sup>th</sup> at Patriot's Glen Golf Club in Elkton. The tournament raised over \$12,000 which will fund services for 50 Cecil County families of children with disabilities. Some of The Arc's services include: in home support/respite care, parent support groups, parent education on disability rights, fun activities for families, children and siblings and a monthly newsletter.

This tournament would not be possible without the Cecil County community support and our thanks go to these tournament sponsors: Chesapeake Publishing with a special thanks to Janice Rash and Shirley McCauley for their patient assistance! Also, Ryland Homes, The Nor'Easter, Air Tran Airways, American Legion Rising Sun, MTB Investment Advisors, Ride-Away Handicapped Equipment Co., Morris & Ritchie Associates, Inc. and Sentman Distributors and Alan Czerwinski for sponsoring the beverage cart.

Tee sponsors included: APGFCU, Alger Oil, Barry Janney for Sheriff, Calvert Manor Healthcare Center, Cecil Community College, Conowingo Gas, ENI Insurance Services, Exit Realty, Ferrell Fuel Co. Inc.,



Happy Harry's, Harford Bank, Harford Mutual Insurance Co., JP Chevrolet, James A. Quick, Inc., John K. Burkley Company, Kevin W. Jones, Inc., Lafayette Inn, Lambdin Development Co., Lions Club of Rising Sun, Maryland Golf and Country Clubs, Maryland Materials, Mason Dixon Realty – Jerry Moran and Helen Cullen, McCrone Inc., Mercantile County Bank, Ramsey Ford Lincoln Mercury, ReMax Realtors – Faye & Sam Pierce, Stewart Associates, Strakes, Roberts & Bauer Advertising, Sun Pharmacy, The People's Bank of Oxford, Tri-State Lawn Care, and Union Hospital.

The tournament featured a long drive contest sponsored by Performance Food Group of Elkton. Jen Re, Elaine Neary, Dottie Farmer, Carol Flora, Jeremy Larson, James Galoff and Sid Duff were the long drive winners and they will receive personalized plaques. In addition, The First National Bank of North East sponsored the hole in one prize of \$10,000.

A special thank you goes to the Arc's Cecil Golf planning committee for their continued commitment to this important fundraiser. Jennifer Goldbach, Anna Lambdin, Torri Dietrich, Mara Walter, Ruth Clutter, Jane Schuler and Carolyn Crouch. Thank you to our volunteers for their contribution during play: Ralph Witman, Joe Cardiff, Elaine Orbino, Bev Olsen, Torri Deitrich, Donna Murphy and Cheryl McCulley. Additional appreciation goes to Trent Wright and his excellent staff at Patriot's Glen for hosting our tournament.

*To the donors, sponsors, golfers, committee members and volunteers, our sincere appreciation for your continued support and contribution to the success of this year's event!*

### Tournament winners

#### Men's 1st place:

**Sid Duff**

**Ken Thomas**

**Mark Grove**

**Paul Dour**

#### Women's 1st place:

**Ruth Clutter**

**Dottie Farmer**

**Janet Wolf**

**Arlene Zamora**

#### Mixed 1st place:

**Terry Castagnera**

**Robert Castagnera**

**Mike Parr**

**Patrick Chambers**

## THE ARC JOB CLUB HONORS ITS EMPLOYEES By Earle Scoggins



**Tim Quinn presents 20 year service awards to Bobby Bare and Doris Howard, Arc Janitorial Services employees**

The August 2005 Job Club included a presentation from Lynette Alexander representing the Bel Air office of the Maryland Department of Rehabilitative Services (DORS). Lynette spoke to approximately 50 people who are currently receiving vocational services from the Arc about the types of supports DORS can assist in providing for people both entering new employment or seeking additional or new employment. Lynette saw many familiar faces since as a former vocational coordinator here at the Arc.

The Job Club, a monthly event held since January 1998, provides a forum for people receiving vocational services to share information about their experiences on the job and an opportunity to socialize with their peers. With two people (Bobby Bare and Doris Howard, both working in Arc Janitorial Services) reaching their 20<sup>th</sup> year of employment in the same job this year, it was apparent that there should be some type of formal acknowledgement of their achievement. Additionally, certificates were awarded for 15, 10, 5 years, and 1 year of continuous employment and Superior Performance and Community Ambassadors. A total of 41 certificates were awarded and Job Club facilitators hope to make the Employment Recognition Awards an annual event every August.

## A Week of GIVE-ing By Kathy Pitrat

*"It felt good to give something back" "People hugged us." "The whole office came out and clapped"* These were just a few of the comments heard around The Arc during the week of September 23<sup>rd</sup>. The Arc designated this The Arc GIVES Week, promoting a week of volunteer activities to give back to our communities in Harford and Cecil Counties. "We want to show our fellow citizens that The Arc isn't always about asking for something. Our organization and the people we support have something to contribute," said Chris Walton, Supported Living Coordinator and one of the event's organizers.



The GIVES Team (GIVES stands for Get Involved...Volunteer Enthusiastically to Serve!) has been working for months on this initiative. They selected four projects—cookie baking, cookie deliveries to local businesses and groups that support The Arc, Cards for Caring that involved making and delivering greeting cards to local nursing homes and hospitals, and helping to build Annie's Playground. Approximately 220 staff and people receiving services participated in at least one of the projects, many choosing more than one.



*"It felt good to give something back"*

*"People hugged us."*

*"The whole office came out and clapped"*

The week culminated in a Celebration Day at Bel Air United Methodist Church for all 220 people who participated. Everyone had the opportunity to share stories and experiences from the week. Kinta Moore, a job coach with The Arc, noted that some people were too surprised to react when their group dropped off the cookies and some groups immediately responded by coming out of their offices and hugging everyone, gathering around for group pictures. Kenny Spicer, a member of Moore's janitorial crew that helped deliver cookies, said, "We delivered cookies to the Bel Air Fire Department. They pulled the truck out and we got our picture taken in front of it. It was cool!"

Tim Quinn, Executive Director, noted that this is just the beginning of efforts to give back to our community. "No one person or organization has the resources to improve the lives of people with disabilities. The answers are outside of our walls. We must work together with other people and groups in Harford and Cecil Counties. We have to be contributors as well as receivers in our community. This makes life better, not just for the people we serve but for all of us."

## **THE ARC NORTHERN CHESAPEAKE REGION RECEIVES DEPARTMENT OF LABOR GRANT TO ENHANCE EMPLOYMENT SERVICES**

Human service agencies in Maryland, DC, Illinois, Georgia, and North Dakota were selected for training and technical assistance programs for people with disabilities, the U.S. Labor Dept Office of Disability Employment Policy (ODEP) announced recently.

The agencies were chosen under the Training and Technical Assistance to Providers (T-TAP) national technical assistance center, which is funded by ODEP. T-TAP helps community rehabilitation providers apply customized employment strategies for people with disabilities who are seeking competitive jobs within their communities. Virginia Commonwealth University, Richmond, and the Institute for Community Inclusion, located at the Univ. of Massachusetts, Boston, partner with ODEP on this project through a cooperative agreement.

The Arc will receive an individually-developed technical assistance plan; guidance from a mentor agency with the Community Rehabilitation Provider Leadership Network; on-site consultation from project staff and consultants; and access to online courses, web casts and discussions with other providers who have successfully assisted individuals with disabilities in achieving competitive employment outcomes.

*"Today's agreements ... will help build effective partnerships between employers and employment service providers that will result in better jobs and career advancement opportunities for people with disabilities," said ODEP Assistant Secretary Roy Grizzard.*



## ARC HOLDS WELLNESS FAIR By Elaine Orbino

The Arc Northern Chesapeake Region kicked off its Wellness Program for staff, and individuals with developmental disabilities and their families on Friday, September 23.

Health promotion for people with developmental disabilities has been an ongoing public health issue and research indicates that people with disabilities may be disproportionately affected by excess weight or obesity, increased risk for diabetes, hypertension, and stress conditions, to name a few. The Arc is assisting individuals with developmental disabilities maintain healthier lifestyles and overcome these health concerns.

The voluntary Wellness Program is open to all Arc employees and people receiving services. At the Wellness Fair, participants received a health screening including: blood pressure, body fat, and cholesterol measurements and had the opportunity to receive information from various community representatives such as Upper Chesapeake Health, the Harford County Health Department, Life Center, Quest Fitness, United Health Care, and the American Cancer Society. A healthy cooking class was conducted that gave a snapshot of healthy food choices and alternative food ingredients. Throughout the year, employees and individuals receiving services will have the opportunity to participate in workshops including the following topics: diet and nutrition, stress management, smoking cessation, and healthy heart habits.

Tim Quinn, Executive Director added, "The ultimate goal of the Wellness Program is to increase the activity level and overall wellness of individuals receiving services for an improvement in the quality of life now and in the future".



*Janice Drakeford and Ginny Simpson (not pictured) teach healthy cooking class at The Arc Wellness Fair.*



## UNITED WAY DAY OF CARING

Volunteers from Harford Mutual Insurance Company and The Arc participated in United Way's Annual Day of Caring on Wednesday, September 7, 2005. The group was involved in helping with fall yard work at the home of Tony Perry, a gentleman who receives services from The Arc.

Pictured from left to right: Volunteers from Missie Filer, Nicole Edwards, Steve Linkous, Angela Panowicz, Robin Sigler, June Poole, JohanneHenrickson, and Tony Perry (front).

## REMEMBERING ROGER BYRD by Brigitte Kratzer

Roger Milton Byrd was born on November 4, 1944 to William and Blanche Byrd of White Marsh, Maryland. Roger leaves behind his parents and 2 brothers, also his lifelong friend, Bill Ramos, and others from The Arc, Richcroft, and Harford County. During his life, Roger attended Rosewood Center, Lockridge BARC Vocational Center, Richcroft, Inc. and The Arc Northern Chesapeake Region.

Roger will most be remembered for his very friendly, outgoing personality. Byrd's Bagels was Roger's small business where he would greet customers with, "So, you want to buy something..." then break out in song. How could one resist a donut and drink after that sales pitch? He loved music, sang loud and every chance he could. The Arc Choir was one of his favorite activities. Roger passed from us on July 26, 2005. We have wonderful stories and songs to remember him by.





# CALENDAR OF EVENTS



## Ongoing Monthly Meetings

**Infants & Toddlers Play Group** Every Thursday 10:30 am – 11:30 am at The Arc NCR. Contact Nicole Smith at 410-638-3823.

**Teens First Group** Every 2nd Friday 7:00 pm – 9:00 pm at The Arc NCR. Contact Amy Sealover 410-836-7177 ext. 400.

**People First of Harford County** First Monday of every month, 6:30 pm – 8:30 pm, Held at Christ Our King Church, Alpha room, 10 Lexington Rd, Bel Air, Md. All are welcome. Contact Vernon DeHaven, 410-638-1465 or Mitchell Neiburger, 410- 836-7177, ext. 355

**Cecil County Parent Support Group Meeting** Contact Becky Cody, 410-836-7177, ext. 400.

**The Arc Membership Series presents Future Planning – Part 3**, November 15, 2005, 6:30 – 8:30 pm, Diann Collins, Met Desk – “Financial Planning”, Mountain Christian Church, Joppa, Md. Contact Kathy Pitrat 410-836-7177, ext. 369.

**Sibshops Session III – A Program just for Brothers and Sisters of Kids with Special Needs!** Nov 19<sup>th</sup>, 2005, 10:00 am – 2:00 pm., Ages 8 – 13. Sponsored by Mt. Washington Pediatric Hospital, The Arc NCR, Harford County Infants & Toddlers Program, Partners for Success Resource Center, Harford Co. Public Schools. Held at Mt. Christian Church, Joppa, Md. Fee charged. To register or for more information, call 1-800-999-9442 x5169

**Autism Society of America Harford County Chapter, Speaker from Momsquest** Nov 21, 2005, 7 :00 – 9:00 pm at McFaul Activities Center, Bel Air, MD. Call Ruth Good at 410-879-4643 or 410-836-7177 ext. 617

**Partnership for Excellence in Education Meeting**, Nov 29, 2005, 7:00 – 8:30 pm at The Arc NCR, 4513 Philadelphia Road, Aberdeen, MD. RSVP to Sue Rattman at 410-836-7177 x322 or email at [srattman@arcncr.org](mailto:srattman@arcncr.org)

**Cecil County Special Education Citizen's Advisory Committee - Open Agenda** Dec 1, 2005, 6:30 – 8:30 pm at the Main Branch Cecil County Public Library, Elkton. For information contact Chris Moran at [Moranfam6@dol.net](mailto:Moranfam6@dol.net)

**Foster Family Support Group** December 1, 6:30 pm -8:30 pm. Current Arc Family Services program Foster families meet throughout the school year— learn, share, participate in family activities and support each other. Contact Dianne Ross at The Arc 410-836-7177, ext. 402.

**Sibshops Session IV – A Program just for Brothers and Sisters of Kids with Special Needs!** Dec 10, 2005, Ages 8 – 13. Sponsored by Mt. Washington Pediatric Hospital, The Arc NCR, Harford County Infants & Toddlers Program, Partners for Success Resource Center, Harford Co. Public Schools. 10:00 am – 2:00 pm at Mt. Christian Church, 1824 Mountain Road, Joppa, MD. To register or for more information, call 1-800-999-9442 x5169. Fee charged.

## TAKE A CHANCE TO WIN THE ALL NEW SOLSTICE... SUPPORT THE ARC!



Win the hot new car that made its debut on The Apprentice and help to support The Arc. The cost is \$25 per ticket or five for \$100. The winning ticket will be drawn at the After D'Arc Event on March 4, 2006. ***They make a great stocking stuffer!*** You can purchase a ticket by calling Bev Olsen at The Arc 410-836-7177, ext. 338. Car provided by Boyle Pontiac

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*Toni Meoli, After d'Arc  
Guest chef 2005*

**SAVE THE DATE  
FOR THE ARC'S SECOND ANNUAL  
AFTER D'ARC EVENT...**

*Our signature event featuring an amazing silent auction and  
international cuisine served by local celebrity chefs at the  
Maryland Golf and Country Clubs, Bel Air, Maryland.*

*Saturday, March 4th , 2006.*

*For more information, please contact Anna Lambdin  
at 410-836-7177, ext. 337.*

**YOUR MEMBERSHIP MATTERS!**

*Give an Arc Gift Membership to family or friends and help support The Arc.  
See inside for details.*



The Arc Northern Chesapeake Region  
4513 Philadelphia Road  
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