



Of Orange County presents

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# THE ARC ADVANCE

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## ARC OF ORANGE GETS NEW HOME

Late this June, The Arc of Orange County will move into its new home on Columbia Street in downtown Chapel Hill. Located on the first floor of the Pars Building, the new office space provides an ideal location for staff and care providers alike. The building was chosen in large part due to its proximity to campus, making for maximum convenience for our many college-aged care providers.



In any downtown, parking is often a problem. Not for The Arc's new office, though. Thanks to RBC Centura Bank, located just up the street, staff members have free parking. In addition, the Phelps Building parking lot will have several designated spaces for care providers and visitors who come by to drop things off or attend meetings.

Inside the building, the new

space will don several new paintings donated by local artists, including one here by Marla Laubisch ([www.marlalaubisch.com](http://www.marlalaubisch.com)) as well as one by James Ransome ([www.jamesransome.com](http://www.jamesransome.com)). The interior also offers a far more efficient use of space than the previously occupied space on Fordham Blvd. This allows for more cost-effective rental.

The move is slated to begin on or around the 26th of June, and

should be completed by the end of the month. Interrupted communication with families and other agencies will hopefully be kept to a bare minimum.

Stop by in July and see our new space! An official ribbon-cutting ceremony is in the works; the official date will be announced soon.

### Our Mission

The Arc of Orange County works with and for people who have or are at risk for developmental disabilities to promote full participation in all areas of life in our community.

The Arc seeks to accomplish this through advocacy, education, and collaboration, as well as through the provision of quality supports to individuals with developmental disabilities, their families and the community.

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## FROM THE EXECUTIVE DIRECTOR'S DESK

I would like to thank you for taking the time to read this first edition of our newsletter. Our hope is that through this bi-monthly publication we will peak your interest regarding all of the exciting happenings within our organization and by informing you about significant events occurring locally and throughout North Carolina. In addition to updates on our growing programs, upcoming trainings and services provided we will highlight and recognize people and organizations that are making a real difference. This includes people we support, our care pro-

viders, volunteers, board members, community partners, employees and others. This is your newsletter! Therefore, we encourage your input regarding topics and information you would like to see included in our upcoming editions.

In addition, if you haven't obtained one already, you will soon receive our *2007 Annual Report*. This publication is a summary of our accomplishments during 2007. As The Arc of Orange County moves forward we will continue to provide and improve the services described, and plan to initiate additional programs to more ade-



quately meet the needs of our community. One common theme you will notice throughout all of our efforts is our commitment to provide supports and services that maximize individual independence and community participation. We hope you will let us know if you have ideas that assist us in accomplishing this goal.

- Robin Baker

## CARE PROVIDER SPOTLIGHT ON MARTINA WATKINS

Each issue The Arc Advance will spotlight one of our many brilliant care providers. Without them, The Arc of Orange County would not exist. This issue's spotlight is on Martina Watkins.

Q: Where are you from?

A: Fayetteville, NC

Q: Where do you go to school?

A: I graduated from East Carolina and am currently attending North Carolina Central.

Q: What is your major?

A: Nursing

Q: What brought you to The Arc?

A: Before moving here I worked with children with autism for *Easter Seals and A Small Miracle*. I wanted to continue doing the same thing so I researched similar organizations/companies in the area and found the Arc and I LOVE my job!

Q: Any special interests or hobbies?

A: Scrapbooking and cheer/dance

*(I currently dance for Fayetteville Guard which is professional indoor football).*

Q: What do you do in your free time (as a matter of fact, do you HAVE any free time!?)?

A: I don't get much free time but when I do, I love to catch up on sleep, work on my scrapbook, or spend way too much time on Facebook / Myspace!

Thanks for all you do, Martina!

## COOKING CLASS MORE THAN MEETS THE MOUTH

Under the direction of

[Susan Paul](#) and the help and coordination of head volunteer chef, Paige Koch, participants of our class meet on Tuesdays to prepare healthy and nutri-



Paul gives out instructions

tious meals. Menus are chosen each week from a participant who then plans, shops, and leads class through the recipe. Meals range from "Texas Sloppy Joe's," to "Tuna Treats," to "Wild Rice Salad with Dried Cherries." Everyone partici-

pates, whether chopping, tasting, stirring or sniffing.

Once a month as part of The Arc's community involvement philosophy, the class prepares a dessert for the local Meals on Wheels Program. Thirty-six families enjoy a delicious home made treat thanks to our cooks! (cont."Class",p.4)

**Place your ad here!**

Call for details

## INDIVIDUAL SERVICES LOSES VALUABLE DIRECTOR

Leigh Anne Weisenfeld, Director of Individual Services, will be leaving The Arc this month after nearly seven years of involvement. UNC offered Leigh Anne a position working on several research projects focused primarily on autism (but also several other developmental disabilities). She will work with Joe Piven, a world renowned researcher, and Leigh Anne

is ecstatic to be a part of this important research! However, she will of course miss working for the Arc. Leigh Anne described this opportunity as her "dream job", and everyone here with The Arc is sad to see her go, but also very happy for her to get such a wonderful opportunity.

Thanks to Leigh Anne for all of her dedication and hard

work!

After Monday, June 23<sup>rd</sup>, please contact Tom Galperin at [tgalperin@arcoforange.org](mailto:tgalperin@arcoforange.org) or 942-5119 ext 112 if you need assistance regarding Individual Services. You may also, as always, contact anyone else here at the Arc in the interim time before her position is filled.

## SUMMER WORK AND WELLNESS PROGRAM BEGINS

Summer is here and as always our Summer Work & Wellness Program (SWWP) is off and running. Our June through August program, run this year by [Michael Kirschner](#), caters to students 15 to 22 years of age and helps build skills to aid transition out of high school and into a vocational setting. Two sites generously donated by school Principals at East Chapel Hill High School and Rashkis Elementary serve as home-base for the stu-

dents.

This year Erin Barger is working with us through a Fellowship at the UNC School of Social Work. Erin has been key in implementing evaluative tools in the program to help the SWWP fit the needs of the people we support. She has also brought in new activities such as having guest speakers, public transportation training, and Contra Dancing lessons.

We are also happy to welcome Yasmine White to our SWWP. Her company, "Voices Together" will be at both sites once a week to work with our guys and gals in a program called "Social Skills Chorus". This programs helps students build social and communication skills through music.

Even though the program has a home-base, our students are also out and about. If you happen to see one of our students in the community, feel free to say hi.

## EMPLOYMENT SUPPORT GROWING

In January 2008 The Arc of Orange County expanded our Employment Support Program and since that time it has continued to grow. The program's mission is help persons we support find and maintain paid work in jobs that match their interests and abilities. Current Employment sites include A & M Grill in Mebane, and Café Carolina and Harris Teeter in Chapel Hill.

The Employment Support Program

recently partnered with Cardinal Health in Research Triangle Park and created an "Enclave", which consists of several persons with disabilities working together at one site, with the support of a job coach. This enclave provides the people we support with an opportunity to gain work skills, give back to the community, and foster disability awareness. It also helps that it is a very nice facility with a terrific break room!

Advice for anyone interested in any Employment Support Services through the Arc should first contact Vocational Rehabilitation at (919) 969-7350 and have their case opened. Please contact [Michelle Antonelli](#) at 942-5119, ext. 122 or [mantonelli@arcoforange.org](mailto:mantonelli@arcoforange.org) if you are interested in, or have any questions about, the Arc of Orange County's Employment Support Program.



## CLASS (CONT. FROM PAGE 2)

When not in the kitchen the class goes on local field trips. The class recently toured Maple View Dairy Farm where they saw first hand how ice cream is made using milk from the dairy herd. After the tour they sat on rocking chairs on their porch and enjoyed sampling

their ice cream and taking in the beautiful view of the farm.

In the next issues look for the class's account of Spence's Farm and upcoming blueberry picking!



*Class members show off their skewers*



*Laubisch's painting, as mentioned in cover story*

## RICHARDSON'S FIRST 30 DAYS PROVE FRUITFUL

As many of you know, [Pat Richardson](#) officially joined The Arc of Orange County as Director of Development on May 1st of this year, and brought with her experience as a Volunteer with The Arc of a neighboring county. As Director of Development she will partner with individuals and corporations to foster membership and sponsorship opportunities. She will also be responsible for special events, for which you will receive additional information as we develop the remaining 2008 calendar.

In her first 30 days, Pat started some wonderful partnerships, including our upcoming "Arc of Orange County Friend Raiser" scheduled for June 28th at A Southern Season from 11am – 4pm. Please stop by our booth and purchase raffle tickets with a chance to win wonderful door prizes!! Also, thanks to Pat, The American Dance Festival graciously donated tickets for its July 5th events, which many of our families received. Pat looks forward to building this relationship with The ADF each year during their season. Pat also helped The Arc

partner with SunTrust Bank via their "My Cause" program. Please see the article on the next page and stop by your local SunTrust Bank to join.

Pat's first 30 days with The Arc of Orange County have been wonderful and we look forward to her spreading the word about The Arc of Orange County throughout our community. If you have development ideas you would like to share with her, please email her at [prichardson@arcofororange.org](mailto:prichardson@arcofororange.org).

**Place your ad here!**

*Call for details*

## CAP WAIVER UPDATE

The Division of MH/DD/SAS has been working on a new waiver that will likely be implemented in December 2008. The current CAP-MR/DD waiver expires in August 2008 and the Legislature has mandated the development of tiered waivers. The state has requested and is expected to receive authority to extend the current waiver until the end of December 2008 in order to have ade-

quate time to develop a waiver plan that best meets the needs of North Carolinians.

The development of tiered waivers will mean the waiver a person receives will be based on their support needs; i.e. Tier 1 will support people with greater independence and less support needs while Tier 4 will serve people with medical fragility and significant behavioral support needs.

The Arc continues to advocate for more flexibility in the waivers, the ability for families and individuals to self direct their supports and services, and for more ability for the Local Management Entities (LMEs) to manage the waivers. As drafts of the new waiver plan begin to emerge we will make sure you have the information and we'll make sure you know how to provide your input and feedback.

## MY CAUSE PROMOTION

SunTrust Bank is extending its "My Cause" promotion to help organizations like ours continue to raise funds through donations. The promotion gives individuals a unique opportunity to reinvest in their communities and support their charities of choice.

Now through September 8, 2008, you have the option to have SunTrust give \$100 to the nonprofit organization of your choice, or, receive a \$50 gift card when you open a new SunTrust Personal or Business Checking account (certain restrictions apply).

Those who currently bank with SunTrust

and have a SunTrust Visa Signature® or SunTrust Platinum Visa with SunTrust Rewards Credit Card, or, a SunTrust Visa Check Card enrolled in the SunTrust Rewards program can donate their SunPoints (SunTrust's reward points system) to the charity of their choice! Donations can be made in \$25, \$50, and \$100 denominations. The more purchases made using these applicable cards, the more points are turned into charitable gifts throughout the year.

If you plan to take advantage of the My Cause promotion and open a new checking account by June 30, we encourage you to

consider donating your \$100 to The Arc of Orange County. And once you receive your applicable card, or if you already have one, turn your SunTrust Rewards into donations as well.

We hope you will continue to spread the word about the My Cause promotion and the ongoing SunPoints for Charity program to your friends, family, and business contacts. The more awareness we generate, the greater the opportunity to increase our fundraising efforts.

For more information about My Cause and how to get involved, please visit [suntrust.com/mycause](http://suntrust.com/mycause).



# Arc of Orange County Staff

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