

# THE ARC ADVANCE

VOLUME 1, ISSUE 4 WINTER 2008-2009

## Festival of Trees a Hit

By Pat Richardson

The Arc of Orange County celebrated its Inaugural Festival of Trees event from Thursday, December 4 through Sunday, December 7, 2008 at University Mall in Chapel Hill. The Festival was the premiere Chapel Hill holiday event of the season and, more importantly, was the largest fundraising event for The Arc of Orange County.

The Festival of Trees Gala on Thursday, December 4 was a celebratory opening of the weekend exhibit with wine, hors d'oeuvres and entertainment. The public meandered through the wintry wonderland featuring forty-five cleverly and beautifully decorated trees and wreaths. Attendees enjoyed this unique opportunity to be the first to participate in a silent auction to purchase the displays with all proceeds benefiting The Arc. Bidding occurred throughout the weekend with bids starting at \$350 for the trees and \$100 for the wreaths. Winners were notified on Monday, December 8 for arrangements to pickup their gorgeous holiday tree and or wreath or to schedule delivery via The Arc and TROSA, Inc.

While enjoying the Festival of Trees event at University Mall our attendees en-

*Cont. on page 5*



### 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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## Swaine takes position with DDTI

Jamie Swaine, a trusted and valued employee of The Arc of Orange County for over 5 years, has been offered an outstanding position at UNC. While we are delighted Jamie was selected, we are saddened she is leaving The Arc. Jamie had a unique ability to connect with families and care



providers that will be difficult to replace.

Swaine accepted the position with The University of North Carolina's School of Social Work in its Developmental Disabilities Training Institute (DDTI). Jamie will have the opportunity to work under former Arc of Orange Board member, Dr. Susan Parish.

"I love the Arc, and will miss everyone very much" said Jamie, when asked for comment. "I'm excited and sad at the same time. I'm looking forward to a new challenge, but am sad to leave all the wonderful families I've worked with over the years."

We wish Jamie all the best in her future endeavors.

## Calendars now for sale



### The Arc Legacy 2009 Calendar

We celebrate our 30th year of dedicated service to the Orange County Community, highlighting the people we serve and showcasing our supports and services. Calendars are on sale for \$20.00 each. Please email or call Susan Paul, [spaul@arcoforange.org](mailto:spaul@arcoforange.org) or 919-942-5119, ext 111.

# Membership has its privileges

All donors who contribute at least \$25 (\$10 for Self-Advocates and Students) automatically become members for one year. Members receive periodic correspondence from The Arc of Orange County, The Arc of North Carolina, and The Arc of The United States.

## FOUR LEVELS OF SUPPORT

Self-Advocate/Student: \$10

Supporter: \$25-\$99

Partner: \$100-\$249

Benefactor: \$250+

## MEMBER BENEFITS

- 25% off our program service fees.
- 30 minutes of free legal advice per year through Carolina Legal Assistance.
- The Arc's MBNA Credit Card--offers no annual fee and a low APR. For every new account opened and every purchase made with the card, MBNA America Bank will make a contribution to The Arc.
- Various insurance policies: - Security Life Insurance Plan for persons with Mental Retardation--provides protection up to \$42,000 for persons with mental retardation from age 2-60, renewable to age 80. - Security Life Insurance Plan for Families and Friends--provides protection up to \$300,000 for members of The Arc or their spouses. - In-Hospital Dollars--provides up to \$200 per day coverage when confined in a hospital regardless of other plans in effect. - Auto, Home and Renters Insurance--receive a 5% discount on these insurance types through the Group Savings Plus plan from Liberty Mutual.

Please contact Pat Richardson at (919) 942-5119 x116 or e-mail [prichardson@arcoforange.org](mailto:prichardson@arcoforange.org) for more detailed information on these benefits and more!

To join or renew your membership with The Arc of Orange County simply [download the form](#) and mail it to:

The Arc of Orange County  
208 North Columbia Street, Suite #100  
Chapel Hill, NC 27514



## Word of Mouth, by Susan Paul

### "Life's Lessons Are Often Learned in Our Kitchens"

As I teach The Arc's cooking class each week, I can't help but think how much we all learn in our kitchens. For example, all the words of wisdom from my grandmother, who as a child of 3 years old came to this country from Austria. She was, and still is, one of the greatest cooks I have ever known. Sophie could taste a dish, and from that taste alone, duplicate the recipe in her own kitchen. "A little pinch of this, a slight dash of that", it all came together delightfully in the most delectable and mouth watering of meals.

Family and friends (especially my brother's friends who could eat endlessly) looked forward to Sunday dinners around our table on Long Island, New York. This month I would like to dedicate "Life Lessons from the Arc's Kitchen to Yours."

As we enter into 2009, in the spirit of giving, caring and community the cooking class created and prepared "Stone Soup." Let me share this folk tale with you.....

A kindly, old stranger was walking through the land when he came upon a village. As he entered, the villagers moved towards their homes locking doors and windows.

The stranger smiled and asked, why are you all so frightened. I am a simple traveler, looking for a soft place to stay for the night and a warm place for a meal.

"There's not a bite to eat in the whole province," he was told. "We are weak and our children are starving. Better keep moving on."

"Oh, I have everything I need," he said. "In fact, I was thinking of making some stone soup to share with all of you." He pulled an iron cauldron from his cloak, filled it with water, and began to build a fire under it.

Then, with great ceremony, he drew an ordinary-looking stone from a silken bag and dropped it into the water.

By now, hearing the rumor of food, most of the villagers had come out of their homes or watched from their windows. As the stranger sniffed the "broth" and licked his lips in anticipation, hunger began to overcome their fear.

"Ahh," the stranger said to himself rather loudly, "I do like a tasty stone soup. Of course, stone soup with cabbage - that's hard to beat."

Soon a villager approached hesitantly, holding a small cabbage he'd retrieved from its hiding place, and added it to the pot.

"Wonderful!!" cried the stranger. "You know, I once had stone soup with cabbage and a bit of salt beef as well, and it was fit for a king."

The village butcher managed to find some salt beef . . . and so it went, through potatoes, onions, carrots, mushrooms, and so on, until there was indeed a delicious meal for everyone in the village to share.

The villager elder offered the stranger a great deal of money for the "magic" stone, but he refused to sell it and traveled on the next day.

As he left, the stranger came upon a group of village children standing near the road. He gave the silken bag containing the stone to the youngest child, whispering to a group, "It was not the stone, but the villagers that had performed the magic."

**Moral: By working together, with everyone contributing what they can, a greater good is achieved.**

Part of The Arc's (and my personal) philosophy is that each one of us has a purpose, that each one of us can be useful. That we can all contribute and make a difference for the common good. During this class of giving thanks, we each read a portion of this story and we each prepared a portion of the soup. At the end, after sharing this delicious "Stone Soup" we packed the extras in glass jars, and shared it with the folks at Meadowmont, the folks that clean and care for our office and even had some to give to the staff here at The Arc.

With 2009 upon us, it will be a challenging time, but a time where each one of us can make a difference.

## The Spirit of Giving

By Susan Paul

For several years now families with The Arc have been the grateful recipients of a holiday gift giving program. Beth Foyle, a volunteer staff member of The Arc, along with her family Garland and Virginia Neville and friend Kathy Voss, adopt an Arc family for the holidays. What started with half a dozen families has now expanded to three times that amount. Families for whom without this program would not be able to celebrate the holiday season. This year it was the Veterans of Foreign Wars and the American Legion setting up an "Angel Tree" that had the name of a toy or gift



on them. As quoted from Virginia, "there are going to be some big surprises Christmas morning because no one could say no to the families, no matter what they asked for. We just said we want to do it." And do it they did!! Gifts came in by the many dozens, including a beautiful bicycle complete with pink runners and bows, all gifts were wrapped up festively. Tears come to my eyes as I think this year many families requested gift cards for food and necessities. That there are so many wonderful, generous and caring souls in our community, we are indeed very grateful and can not thank them enough.

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## Festival of Trees *(cont. from page 1)*

joyed the collaboration between The Mall and The Museum of Life and Science's newest traveling exhibit; *Holiday Springs and Sprockets*. The innovative mechanical artwork of New York-based artist and sculptor Steve Gerberich was viewed as the holiday season's most infamous bearded character.

The Festival of Trees event will be a staple in the community and featured as our Annual Fund-raiser Event. The Festival of Trees Event can be seen again in December 2009 at the University Mall, 201 South Estes Drive, Chapel Hill. More information can be found at [www.arcoforange.org](http://www.arcoforange.org) and [www.universitymallnc.com](http://www.universitymallnc.com) in the near future.

If you would like to get involved in the 2009 Festival of Trees event via volunteerism, corporate sponsorship, tree and wreath designers, or our wonderful Planning Committee, please give me a call me at (919) 942-5119, ext 116 or email at [prichardson@arcoforange.org](mailto:prichardson@arcoforange.org).



## Great Human Race Saturday, March 21, 2009

Race start - 9:30 am  
Distance - 5k (3.1 miles)  
Rain or Shine  
\$20 if registered **by** March 19  
\$25 if registered **after** March 19  
[www.greathumanrace.org](http://www.greathumanrace.org)

### 3 Ways to Register:

1. **Online** at <http://www.active.com/donate/ghr2009/arcoforange> or [www.active.com](http://www.active.com) to print and submit your registration form. You can also visit [www.thevolunteercenter.org](http://www.thevolunteercenter.org) to learn more about all aspects of 5K Race The Arc is participating in. Registration opens October 15 and ends March 19 at noon.

2. **Mail or Fax** registration.

Fax: 919-942-2119

The Arc of Orange County  
208 N. Columbia Street  
Suite 100  
Chapel Hill, NC 27514

3. **Day of Race** Registration 8:00 - 9:00 am.

### Make a donation or fundraise for The Arc of Orange County

There are two ways to support The Arc.

1. Make a donation with your runner registration. You can do this online at <http://www.active.com/donate/ghr2009/arcoforange> or [active.com](http://www.active.com) or by check/cash. If you write a check, please make it out to the Great Human Race and put The Arc of Orange County on the memo line. Mail the check to the Volunteer Center of Durham or bring it on race day.

2. Create an online fundraising page at <http://www.active.com/donate/ghr2009/arcoforange>. You can create this page at the same time that you register. It's a fun and easy way to ask family and friends to support you and your favorite nonprofit.





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