



Mailing Address
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Non-Profit Organization
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For more information in becoming a local sponsor, please call 632-1209



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ACHIEVE WITH US!

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You may have noticed some changes..

One thing that has not changed is our dedication to those with intellectual and developmental disabilities and their families.

Why did The Arc of Laramie County change its mission statement?

The Arc of Laramie County has recently changed its programming and updated its mission statement to reflect what The Arc hopes to continue to achieve. The Arc of Laramie County is committed to expanding opportunities for individuals with intellectual and developmental disabilities so they can be included in their community. The Arc promotes access to quality support services to assist families, provides training, and builds a local network of advocates.

What programming does The Arc of Laramie County offer?

The Arc offers a variety of programming to meet the needs of individual with intellectual and developmental disabilities. Our supportive services include assistance with employment applications, resume writing, and application assistance for programs such as food stamps, SSI and housing. We still offer activities such as bowling, other monthly social activities, and an art class to help promote inclusion and social networking. The Arc provides bus passes and punch cards through a short application process. We also provide educational classes such as our social skills group, which promotes healthy relationships, healthy lifestyles and independence. We also offer education classes that help bring awareness about different disabilities to our community in general. In promoting these activities, we want you to know that many of these programs cost money, but our goal is minimize the cost for our clients and their families. To accomplish this, we have to promote "actual" productive fund raising events.

What happened to the Governor's Christmas Tree Lighting?

Due to the construction at the Capitol the last few years we have had to put this event on hold. Our search to find an alternate location that is large enough for all in the state to participate was not successful. We hope that construction will be done in July of 2019 and that the Governor's Tree lighting will return in December of 2019.

Who can join The Arc and What ages do you serve?

Arc memberships are open to those with intellectual and developmental disabilities and their families. We also encourage community members

What happened to The Dance in the Buff Fundraiser?

Fundraisers are essential for The Arc of Laramie County's future success. In deciding on which fundraisers we are going to host, we must consider many aspects including the following: the cost to host the fundraisers (venue, food, auction items, etc.), the target audience that will be the best potential donors, how much money will be potentially earned from that event, how many times can we ask a local business in our own community, how many fundraisers can we actually have and not overwhelm our donor base, and the thus the total cost of our Arc Fundraiser being held. The purpose of our fund raising is so that The Arc may continue to expand our programming and for us to help as many individuals as possible. In considering all these inherent factors, some fundraisers such as "Dance in the Buff", have proven that it doesn't make enough profit for us to host it in the form that it has been in the past. Fund raising events have to be to some extent, a separate activity than a social event. Fund raising is a time consuming task and takes months of planning as well. The Arc is always looking for different ideas and/or volunteers to help with fundraisers to make them successful.

Why was there no Arc-Scursion in 2018?

There was no Arc-Excursion in 2018 due to the fact that it was cost prohibitive. We try to keep the trip cost around \$20.00 per person. However, as prices have continued to rise, so does the cost of the bus rental and the cost of the activity itself. We welcome your suggestions on places you would like to visit and if any of the families have contacts with individuals, that may assist us with affordable transportation and/or activities, please share that information with us. We will continue to seek out cost effective activities for our clients to give them a variety of activities that they can look forward to each year.

How can I continue to help The Arc of Laramie County?

The Arc of Laramie County receives no funding from any government entity. We rely solely on donations, sponsorships, fundraisers, grants that we are eligible for, and membership dues to provide programming. You can help The Arc by hosting a fundraiser on behalf of The Arc, obtaining a membership, and donating to our programming. For more information regarding this please contact us at 307.632.1209.

ARC HAPPENINGS

ART FOR ARC

285 N. AMERICAN ROAD

BE CREATIVE

EVERY WEDNESDAY 1:00-3:00PM

Project of the Month
Instructor's Choice

November
7th, 14th and 28th

Art class is free to all Arc Members. Non-Members will be charged a \$5.00 fee to attend.

Art for Arc is a program designed to encourage creativity, communication, and socialization. This program is open to all Arc Members and is designed to develop and advance artistic skills, giving each individual an opportunity to find their own voice through art.

*Cancellations will be posted on Facebook**

“This world is but a canvas to our imagination”

Directions:

From Lincolnway and Southwest Drive
Take a left on Southwest Dr. go over the tracks to 5th St. Turn Right on 5th St.

Don't want to wait for the train to pass?

From College and I-25
Go east on College Dr. to Southwest Dr. (Turn left just past the Arby's). Take Southwest Dr. north to 5th St. Turn left on 5th St.

IT'S THAT TIME OF YEAR!! BOWLING 2019



2019 Bowling Dates

Jan. 12, 2019
Feb. 16, 2019
Mar. 9, 2019
Mar. 23, 2019
April 13, 2019
April 27, 2019
May 4, 2019
May 18, 2019
June 8, 2019

Bowling Info

- Cost is \$6.00 for members, \$8.00 for non-members.
- Check in this year will begin at 12:30pm, please do not line up before 12:20pm.
- Only 4 people to a team.
- The bowling alley is offering The Arc Bowler's again. \$6.00 for a hamburger, Fries/Tots/Onion Rings and a Medium Drink. Cheese \$0.50, full garden \$0.50.
- All balls must be put away after bowling and all trash thrown away.

Reminders

* Arc activities are open to everyone and are free unless otherwise stated to members. The fee for non-members is \$5.00 an activity. We encourage everyone to become a member. We offer individual, family and corporate memberships. Contact the office for more information.

* Also, if you have moved or are moving please let us know your updated address. Newsletters will not be forwarded. So stay in the loop by updating.

* Like seeing your Arc Newsletter in color? We are currently looking for people and or business to sponsor the newsletter. Call the office for details.

Did You Know?

Did you know The Arc office can help you fill out job applications, prepare a resume, fill out paperwork for assistance such as housing and food stamps, and LIEP? Stop in during regular business hours to use our new setup office area.

Fall Hours

Monday 9AM-2PM
Tuesday 10AM- 4PM
Wednesday 10AM-4PM
(November 7th and 28th)
Thursday 10AM- 4PM
Friday By Appointment

ARC MEMBER'S GOT TALENT

Talent Show Coming Soon!!

It's time to play the music, its time to light the lights!

It's Time to raise the curtain on the Talent!!

Sign-up by calling 307-632-1209

We will have a practice date in early January, the Talent Show will be held in late January!

Tell a story, sing a song, do a magic trick, or dance a little jig!!

EASY TASTY-BITS: CORN PUDDING



Directions:

Prep Time 4 minutes • Ready In 35 Minutes

Ingredients:

1 8 ounce package corn muffin mix (such as Jiffy brand)

1 14.75 ounce can cream-style corn

½ cup sour cream

3 eggs beaten

1. Preheat oven to 350 degrees F.

2. Spray a 2-quart baking dish with cooking spray and set aside.

3. Combine all ingredients in a bowl and pour batter into prepared pan.

4. Bake, uncovered, for about 35 minutes

**HAPPY
Thanksgiving**

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1  Bowling Sign Up 11-3pm at The Arc office. 1302 Crook Ave. 	2	3
4	5	6	7 Art. Art Class 1:00-3PM 285 N. American Rd	8	9	10
			OFFICE CLOSED			
11	12	13	14 Art. Art Class 1:00-3PM 285 N. American Rd	15	16	17
18	19	20	21 NO ART CLASS	22  Happy Thanksgiving	23	24
			OFFICE CLOSED			
25	26	27	28 Art. Art Class 1:30-3PM 285 N. American Rd	29	30 Social Skills Class 5-7pm Two Doors Down \$15.00	

You're invited to The Arc Christmas Party!

Where: Red Lion Inn – 204 Fox Farm Road

When: Saturday, December 8th, 2018

Time: 11:00am-2:30pm

(Check-in will begin at 10:30am)

Ticket Price: \$20.00 Member

\$25.00 Non-Member

Everyone Must Have a Ticket to Attend!

Lunch Choices: (#1) Holiday Roast or
(#2) Garlic Parmesan Chicken



Your Name: _____ **Ticket Price:** _____

Phone Number: _____ **Dinner Choice: #** _____

Are you bringing a Guest? Y/N

Guest Name: _____ **Ticket Price:** _____

Dinner Choice: # _____

Total Amount enclosed: _____

Would you like a gift from Santa? Yes No

What would you like for Christmas? Please choose from the gifts on the back. Label your 1st, 2nd and 3rd choice.

Please have all invites back by December 3rd, 2018

to The Arc office at 1302 Crook Ave.

You may also MAIL them back to us at:

P.O. Box 1812 Cheyenne, WY 82003.

No tickets will be sold at the door!

We look forward to seeing everyone!

* Please Note the Date Change, November’s Class will be November 30th, 2018 from 5-7pm at Two Doors Down. The Cost for the class will be \$15.00 to cover meal and tip!



**Teen / Adult
Social Skills Group**



Join your friends & peers for fun around Cheyenne!
Learn and practice social skills.
Make New Friends!

Cost for the November Event will be \$15.00 per person. This will cover your meal and tip!!

- **Dinner at a Restaurant & Relationship Skills**
Friday November 30th, 2018: 5:00p-7:00p
Location: Two Doors Down 118 E. 17th St.
- **New Year, New You! Let’s Get Healthy Skills**
Friday January 11, 2019: 5:00p-7:00p
Location: TBA
- **Hygiene Skills**
Friday February 8, 2019: 5:00p-7:00p
Location: TBA
- **Planning Activities with Friends**
Friday March 8, 2019: 5:00p-7:00p
Location: TBA
- **Topic To be Determined**
Friday April 12, 2019: 5:00p-7:00p
Location: TBA



Please have a support person available for anyone who may need extra support with behaviors, mobility, or personal hygiene care.

Teen/Adult Social Skills Events are open to all Intellectual and Developmentally disabled individuals between age 15-30.

- RSVP:** No later than the Wednesday before each event.
- **Civilian RSVP:**
Charity Moore: 307.632.1209
Arc of Laramie County
 - **Military/DoD RSVP:**
Brittany Hankinson-McGovern: 307.773.5944
EFMP - FS



2018 Gift Choices

Select 1st, 2nd & 3rd choice (Circle Size if Applicable)



Women’s Gifts		Choice	Men’s Gifts		Choice	Men’s or Women’s Gifts		Choice
Women’s Jackets (Circle Size needed)			Men’s Pullover Fleece Jacket (Circle Size)			Mini Bowling Fans		
X-Small Small XL			Medium XXL			Mini Lava Lamp		
Circle Choice: Women’s Sweater Jacket: Size Medium Only Women’s Heavy Sweater Jacket: Size Large Only Women’s Fleece Jacket: size Small Only			Circle Choice: Down Coat Black: Size Large or XL Men’s Vest Jacket: Size Large or XXL Men’s Long Sleeve Jackets: XL					
Long Sleeve Sweater/Blouses			Long Sleeve Shirt: XL XXL XXXL			Large Beach Towel 40x72		
X-Small Small Medium Large XL XXL XXXL						Outdoor/Picnic Blankets		
Slippers: Size: Small (5-6) or Large (11-12)			Short Sleeve Shirt: Med Large XL					
PJ Sets Size: Small Medium Large 3XL			Men’s Sweater Size: Large XXL					
Women’s Necklace			Sweat Pants and T-Shirt Sets (Circle Size) M LG XL XXL XXXL					
Necklace/ Earring Set			Men’s PJ’s: Small Med Large XL					
Bracelet /Watch Set			Leather Belt					
Bracelet			Dress Tie					
Soft Socks			WYO Cowboys Hat					
Cuddle Scarf/with Matching Gloves or Hat			WYO Cowboys T-Shirt (Circle Size) Large XL 2XL 3XL					
Lotion Sets			Circle One Shirt and Size: Broncos Short Sleeve Shirt Size: LG XL 2XL Broncos Long Sleeve Shirt Size: Med					
Bath Bomb Sets			Rockies T-Shirt Size: XL					
Dress WYO Scarf			Tennis Shoe (Circle Size) 8 9 9.5 10 10.5 11					
Cloth Purse			Men’s Slippers Size: (7-8) (9-10) (11-12)					