



ARC

Advocacy * Resources * Community

Serving Citizens with Developmental Disabilities and their Families



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**ANNUAL REPORT
2021-2022**

Mission Statement: To advocate for the right of individuals with developmental disabilities and their families to be regarded as valued citizens with the same entitlements as non-disabled individuals, including the right to lifelong opportunities for personal growth and full participation in the community.

PROGRAMS:

Representative Payee Program: ARC serves 52 individuals with DD/IDs by managing each client's individual SS/income and processing payments of their financial obligations on a monthly basis; as well as providing budgeting, completing paperwork pertaining to each client's SS/SSI reviews and coordinating with each client's support team. We currently have a waiting list for this program.

Self-Advocates (SABE-R) and AKtion Club: ARC facilitated meetings for both the Self Advocates Becoming Empowered- Rutland (SABE-R) and the AKtion club, a member of the Kiwanis Family SABE-R sets group and individual goals while practicing advocacy and communication skills to become leaders and teachers. The AKtion Club is a community service club that holds fundraisers and donates the proceeds to causes of their choosing. With support from the Rutland County Sheriff's Dept., the club held a car wash to raise money to help a needy family at Christmas time

Social Events: These events provide a safe and healthy environment for individuals with developmental disabilities that encourage building a circle of support, practicing social skills and physical exercise. Good attendance at all activities including: themed dances – (Christmas Reindeer Dash, Spring Fling, etc.), a Pool Party and cookout at White's Pool, and on October 1, one of our member families is hosting a barn picnic at their home in Poultney. Fliers and emails are sent out announcing each event to a mailing list of over 500.

Rutland Family Support Network: We continue to maintain this Listserve, which provides families and individuals with news, information, and answers questions pertaining to developmental disabilities. We also appeared on PEG-TV to discuss ARC's programs and featured the musical talent of one of our members.

Sensory Room: For the last few months, staff and the board have spent many hours setting up and learning how to operate the new equipment in our newly expanded sensory room at the Wing Center., as well as marketing it to those who can refer potential users. "What is or why a sensory room?" you may ask.

"The human brain is designed to produce and regulate responses to the body's sensory experiences — those things we touch, see, smell, taste and hear. This link between the brain and our behavior is called "sensory integration." For most people, this is a normal and typically overlooked part of their daily experience. But for an individual with a developmental disorder, including autism, the way the brain processes these experiences can be a major source of distress and discomfort. Sensory rooms are "safe" spaces designed to provide a place for individuals with sensory issues to decompress and confront a variety of sensory issues in a way that will ultimately help them learn to cope with seemingly normal experiences." ~Benefits of Sensory Rooms & Spaces in Schools and Homes (enablingdevices.com)

On behalf of those we serve and their families, we are grateful for the support and continued assistance from the citizens of Rutland County. We receive neither state nor federal funding for our programming; we rely on the support of towns in Rutland County, grants, and small fundraisers throughout the year. Typically, a total of 1,000 residents in Rutland County take advantage of all the opportunities we offer annually. We do all this, with 1 full time and 1 part-time employed positions, volunteer board members, volunteers, and much community support. For those wanting more information on these wonderful services or to volunteer, please call 802-775-1370.

Respectfully Submitted,
Melissa Stevens
President, ARC Rutland Area Board of Directors.