

MON-ARC News

Autumn 2018



Fun-filled Recreation Activities Enriched The Summer Months

Our second annual outside dance was held at Prince of Peace Lutheran Church in Ida on June 15th. We served 137 hot dogs on a beautiful summer evening. **Wanda and her husband, Steve**, brought their grill and cooked the hot dogs. **Brenda Beck** provided cookies and Mon-Arc provided chips, pop, punch and water for everyone. As usual **Monroe Bank & Trust ENLIST ladies, Chris, and Jessica**, served popcorn for all.

The last *Art Therapy* class was held on June 23rd for the Saturday group. Parents and participants were very pleased with the classes. For us to offer these art classes again, we need additional funding, which we are exploring.

SPAGHETTI DINNER - \$15

Includes rolls, drink & dessert

SILENT AUCTION

50/50 DRAWING

MUSIC

Knights of Columbus Hall

202 E. Front Street, Monroe

FRIDAY, SEPT. 28

5 TO 9 P.M.



Plan now to attend this very special fundraiser!

CHS Group and Mon-Arc are joining forces to raise money to provide Christmas for people within our community. All funds will go to people with developmental and intellectual disabilities who would not have a Christmas without our help.

There will be a silent auction, 50/50 drawing, and lots of fun!

Join us for good food, music, and the chance to buy some Christmas gifts of your own. ***If you are able, we would appreciate any donations for the auction.***

Buy tickets or drop off donations at **CHS Group - 113 or 115 E. Front Street** in downtown Monroe. Call Laura or Stacey at **734.240.0185**.

Serving children and adults with intellectual and developmental challenges since 1962

Affiliated with ARC U.S. ■ ARC Michigan ■ United Way of Monroe County

Here to serve you ...

Staff Members: Sondra Nocella-Thorn, *Executive Director*
Wanda McCann, *Rep Payee*

Office Hours: Monday-Thursday 9:30 a.m. to 3:30 p.m.
Closed on Friday

Located at: 6021 Parkside Drive, Monroe, MI

Phone: 734.241.5881

Fax: 734.241.3694

E-mail: arcmonroe@sbcglobal.net

Website: www.monarcofmonroe.org

MON-ARC Board Members

Maureen Dempsey
President

VACANT
Vice President

Connie Janus
Secretary

Jeffrey Stoll
Treasurer

Roxie Boll
Member-at-Large

Susan Pickens
Member-at-Large

Bonnie Swatek
Member-at-Large

Board meetings are held on
the 2nd Tuesday of every month
at 6 p.m. at the MON-ARC office.

Have you seen our website lately?

www.monarcofmonroe.org

Please check out our website! There is information about our upcoming events and meeting dates. You can also view photos from our latest dances and other events.



We Need Your E-mail Address

We are collecting our members' e-mail addresses, so we can send out electronic flyers, event reminders, action alerts, and any other important information regarding Mon-ARC.

Please send us the e-mail address you would like us to use either by e-mail at **arcmonroe@sbcglobal.net** or by U.S. Mail to the Mon-Arc office.



IMPORTANT DATES COMING UP...

September 13	Bowling Friends League begins at Sports Center
September 28	"Giving Back to Monroe" Fundraiser at K of C Hall
October 9	Board meeting – 6 p.m. at the Arc office
October 26	Halloween dance at the Community College
November 13	Board meeting – 6 p.m. at the Arc office
November 16	Monthly dance at the Community College
December 11	Board meeting - 6 p.m. at the Arc office
December 14	Holiday dance at Knights of Columbus Hall



Our Mission: The **MON-ARC of Monroe, Inc.**, promotes the general welfare of all persons with intellectual and developmental disabilities and their families through advocacy, counseling, education and community/program services.

FROM THE EXECUTIVE DIRECTOR:

Summer is the stuff of dreams.

When adults sit at their desks, and children sit in school, they dream of summer.

Summer is the time of infinite fun.

The day seems to last forever, and the fun never stops.

It is a time of romance, excitement and an enhanced enjoyment of life.

Somehow summer never seems to last long enough.

It is always over before we get a chance to fully experience its power.

This is true of all things wonderful.

They always seem too short.

-Moniaa Para



As we say goodbye to the last days of summer, we must also say goodbye to three of our Board members.

Judge Michael Brown was serving as our Vice President and very active with many other charitable organizations around Monroe County. As of August 13th, the Governor appointed him to the 1st District Court of Monroe. We send our congratulations and best wishes to Michael and thank him for his guidance and years of service to the citizens of Monroe County who have intellectual and developmental delays.

Marge Burnette has been a force to reckon with within the Mon-Arc organization for the past 20 plus years. Marge was the president and executive director during her time with Mon-Arc. Most recently, Marge was the past president on the Board of Directors. Marge is stepping down from the Board to focus on her ministry and to finish her second book about her special needs daughter, Martha and Martha's success in life. Thank you for your years of service, and we wish you the best.

Attorney Krysten Niemiec has served on the Mon-Arc Board for the past two years. Krysten supported people with disabilities by reviewing many legal forms and contracts. She is leaving us to spend more time with her family. We want to thank her for her time and counsel.

Moreover, on a sad note, we lost a dear friend and colleague, Jeanette Williams, who served as our receptionist for the past year in the AARP SCSEP program. Her passing was sudden, and our loss saddens us. She was an excellent addition to the Mon-Arc staff. We send our heartfelt condolences to her family. We will miss her pleasant personality.

The CHS Group and Mon-Arc are joining forces on September 28th from 5:00 p.m. – 9:00 p.m. at the Knights of Columbus hall to raise money to provide Christmas for people within our community. Many of the consumers don't have close family ties or enough money to pay for the special day. Last year, this effort helped 43 consumers have a Merry Christmas. The cost is \$15, and all funds will go to people who would not have a Christmas without your help. Please help them help others by joining us for good food, music and a chance to buy some Christmas gifts of your own. **DONATIONS for the silent auction are cheerfully appreciated and can be dropped off at the Mon-Arc office until September 26.**

We want to give a big shout-out to Bonnie Swatek and her husband Gene for the donation of wire shelving for our food pantry. Thank you, Bonnie and Gene, for your generous and thoughtful gift.

This is the second summer of our food program to support families with eligible children of Mon-Arc. We want to thank Sue Pickens for facilitating this program in coordination with MCOP. We would also like to thank our President Maureen Dempsey for her donation to support this summer food program. The families were very appreciative of the extra groceries that we were able to provide. We are accepting canned or dry boxes of food and monetary donations for our emergency food program. This program supplies emergency food for consumers in need of help. Please bring donations to the office during regular business hours.

For the past several years we have been providing lunch at adult Holiday Camp one day at the beginning of August. A special thanks to Sue Pickens, Bonnie Swatek and Robin Hlobeczy for helping serve over 100 adult campers and staff. We look forward to this event every year.

On October 10th, we will be at Monroe County Community College for their Welcome Back Barbeque. Along with over 30 other organizations and businesses we will distribute information about our services supporting the Monroe County citizens with intellectual and developmental delays.

Fall is a flurry of activity here at the Mon-Arc offices. We look forward to supporting the local school children and their families as they start the new school year. Please call on us if we can be of service to you or your family.

"Change will not come if we wait for some other person or some other time.

We are the ones we've been waiting for. We are the change that we seek."

-Barack Obama

Sincerely,

Sandra Thorn

Executive Director - Mon-Arc Monroe, Inc.

UPCOMING DANCES:

■ **Friday, September 21**
at M.C.C.C.

■ **Friday, October 26**
at M.C.C.C.

HALLOWEEN COSTUME DANCE

Costumes are optional.

Refreshments will be served.

■ **Friday, November 16**
at M.C.C.C.

Create decorations for the Holiday Wreath

■ **Friday, December 14**
at Knights of Columbus Hall

Refreshments will be served.

Dances will be held from 6 p.m. to 8 p.m.



2-1-1

Get Help. Give Help.

Need Help? Dial 2-1-1

United Way 2-1-1 is a fast, **FREE** confidential telephone help-line available to all Monroe County citizens 24/7, 365 days a year.

2-1-1 is simple, but powerful — a telephone number that makes a critical connection between individuals and families in need and appropriate community-based organizations or government agencies. A live telephone call center operator will put you in touch with the people who can help you.

If you are unsure about which agency to call for a problem or questions, dial **2-1-1** and you will be directed to the proper agency to best serve your needs.

Meet Board Member

Sue Pickens

Sue Pickens grew up in New Jersey. She graduated from Paramus (NJ) High School in 1968 and went on to Northern Michigan University. She received her Bachelor of Arts degree in Speech and Language in 1972 and earned her master's degree in Special Education in 1975.

Sue has been married to her husband, Larry, for 46 years. Together they have 3 adult children and 9 grandchildren. Their grandson, Josh, is a child with special needs (Coffin Lowrey Syndrome) and Sue helps the family by babysitting and taking Josh to some of his many appointments.

Sue taught elementary and adult students at the M.C.I.S.D. Educational Center for 38 years, retiring in 2013. Currently, Sue is a very active member of the Mon-Arc board. She is the chairperson for the Social Recreation committee and can be found at each dance, setting up, serving refreshments, cleaning up, and encouraging the participants to dance or participate in the crafts. In addition to the dances, she volunteers at the office, helps with the MCOP food distribution programs, distributes flyers, and much more.

Creating opportunities for people throughout Monroe County who have intellectual and developmental delays is what keeps Sue motivated. In her conversations with people, she is always looking for funding prospects for new programs.

Sue is not only a hard worker for Mon-Arc, but for many other community programs as well. Being a cancer survivor herself, Sue heads up the Survivors division for the *Relay for Life* in Monroe County. She has also served as chairperson for the *Christmas in Ida Festival* for many years. With all this volunteer work, Sue still finds time to help take a friend to a doctor's appointment or out to lunch.





DOUBLE UP FOOD BUCKS PROGRAM STRETCHES FOOD DOLLARS!

The **Double Up Program** began with five Michigan farmers markets in 2009. The program allows SNAP recipients to use their Bridge Card to spend \$1 on fruits/vegetables and receive \$1 of **FREE** fruits/vegetables in return.

More than 250 Michigan grocery stores and farmers markets participate.

LOCAL LOCATIONS:

Monroe Farmers Market

20 E. Willow Street

Monroe, MI 48162

Open Year-round

Hours:

Tuesday 4 p.m.-7 p.m.

Saturday 7 a.m.-12 noon

Dundee Farmers Market

221 Tecumseh Street

Dundee, MI 48131

Open May 15-October 15

Hours:

Sunday 10 a.m.-2 p.m.

**Through the United States Federal Department of Agriculture (USDA) the Supplemental Nutrition Assistance Program (SNAP) offers food assistance to qualifying individuals through state-run programs. In the State of Michigan, information about qualifying and applying for the SNAP program can be found through the Michigan Department of Health and Human Services.*



Check Out Delicious Resources Now at Food Hero Website

Food Hero is a recipe and cooking resource for busy people ... like you! The recipes are quick and healthy, and the website is full of cooking help. Many of the ingredients used in these recipes can be purchased with WIC benefits.

Check it out:

<http://foodhero.org/recipes/healthy-recipes>

With **Food Hero**, you will be able to budget for, plan, and create countless healthy, super tasty meals. **Food Hero** will become your family's "go to" site for everything food-related. Within **Food Hero** lives healthy and tasty recipes, meal ideas, budgeting, shopping, and many more cooking tips and tools, plus ways to connect with other **Food Heroes**.



Bowling + Friends = Lots of FUN!



Bowling Friends, an new exciting program, begins this September at Monroe Sports Center, located at 15425 S. Dixie Highway in Monroe.

Starting **Thursday, September 13, 2018**

Time: **12:30 p.m.**

35-week session

Same format and rules as all regular bowling leagues

Cost: **\$7 per week** (May be paid in advance)

Shoe rental included

Bowl 2 games

Teams of 3-4 persons

Trophies and party for all at the end of the season

BOWLING FRIENDS WITH BUMPERS: Program available at the same time and with the same format except bumpers are in all lanes.

BOWLING FRIENDS ON WHEELS: A wheelchair program also available at the same time and with the same format except teams are made up with 2 persons

***Ramps and lane access available**

Registration forms are available at the bowling alley or at the Mon-Arc office.

NEED MORE INFORMATION? Call **734.242.0404** and ask for Sheri, Carlene, Melissa, or Jeremy.



Sponsor A Bowler

The 2018-2019 **Bowling Friends** bowling league is starting this September.

Some of the bowlers find themselves short of funds when it comes to recreational opportunities in the community.

We are looking for people to help support these adults, so they can continue to participate on this league with their friends.

You can sponsor one adult for the entire 35-week season (\$245.00) or just donate to help for those who can't always make the weekly cost of \$7.

You can send your donation to the Mon-Arc office and we will see that it goes to the right people. Thank you in advance for your kindness and generosity.





five BELOW
hot stuff. cool prices.



A Very Special Thank You to ...

■ **Five Below**

Special thanks to FIVE BELOW for hosting another fundraiser over the Labor Day weekend. We appreciate your support!

■ **Maureen Dempsey**

for a \$300 donation to the MCOP Food Distribution Program.

■ **Fran Toth**

for a \$100 donation on behalf of Steve Amazeen & John Toth.

■ **Bonnie & Gene Swateck**

for donating shelving units for our office.

■ **Monroe County Community College**

for hosting our monthly dances!



We appreciate our new and renewal members!

NEW MEMBER:

Kim Sanderlin

RENEWED MEMBERSHIPS:

Marjorie & Kevin Achinger
Edward, Carolyn & Ethan Alston

CHS Group

James & Donna Gerber
Dianna Gilbertson

Clyde & Barbara Jenkins

Floyd & Anna Martin

Carol Miletti

Elaine Mink

Debra Olshelske

Martha & James Plaskiewicz

Eugene Poupard

Ted & Mary Ann Reed

Don & Martha Rushlow

Jerry & Cheryl Woelmer

Mark Your Calendar Now!



FREE & LOW COST HEALTH SCREENINGS:

- **October 19th, 2018** - Redeemer Baptist Church, 5305 Evergreen Drive, Monroe, from 8 a.m. to 12 noon (Main entrance on S. Telegraph Road)
- **November 2, 2018** - Carleton United Methodist Church, 11435 Grafton Road, Carleton, from 8 a.m. to 12 noon

MORE DETAILS WILL BE FORTHCOMING FOR THESE LOCATIONS:

- **May 3, 2019** - Our Lady of Mt. Carmel Catholic Church, Temperance
- **May 10, 2019** - Dundee Assembly of God Church, Dundee

Consider a membership donation to a consumer, parent or interested individual or organization.

PEOPLE HAVE HONORED OTHERS BY BUYING THEM A YEAR'S MEMBERSHIP IN OUR ORGANIZATION!





For people with intellectual
and developmental disabilities

Mon-Arc of Monroe, Inc.
6021 Parkside Drive
Monroe, MI 48161

Affiliated with:
The ARC U.S.
The ARC Michigan

Proud to be a United Way agency.



Community Partner

MEMBERSHIP FORM

Name:		
Address:		
City:	State:	ZIP:
Phone (Home):	Phone (cell):	
Email Address:		
Please check all that apply		
<input type="checkbox"/> Parent/Guardian	<input type="checkbox"/> I/DD Challenged Person	<input type="checkbox"/> Sibling/Family
<input type="checkbox"/> Education	<input type="checkbox"/> Friend	<input type="checkbox"/> Business Member
<input type="checkbox"/> Arc Staff/Board Member	<input type="checkbox"/> Other	
MEMBERSHIP TYPE		
<input type="checkbox"/> Renewal Membership <input type="checkbox"/> New Membership <input type="checkbox"/> Gift Membership (See Below)		
<input type="checkbox"/> I/DD Challenged	\$10.00	
<input type="checkbox"/> Individual/Family Membership	\$25.00	
<input type="checkbox"/> Silver Membership	\$50.00	
<input type="checkbox"/> Gold Membership	\$100.00	
<input type="checkbox"/> Patron	\$200.00	Grand Total:
<input type="checkbox"/> Additional Contribution to Mon-Arc	\$ _____	\$ _____
<input type="checkbox"/> I am unable to contribute but would appreciate receiving the newsletter.		

Send to **MON-ARC; 6021 Parkside Drive: Monroe, MI 48161.**

For Office Use Only:

Date Rec: _____ Amt. Rec: _____ Ck. # _____ Recorded by: _____ Mem. Comm. _____