



This year's imagery features art by Gary Murrel. Gary's artwork is simultaneously complex and simple; his minimalist style of detailing people and faces evokes a depth of expression and emotion that is immediate and powerful.

March is Developmental Disabilities Awareness Month

During the month of March, we seek to raise awareness about the inclusion of people with developmental disabilities in all areas of community life, as well as awareness about the barriers that people with disabilities still sometimes face in connecting to the communities in which they live.

Developmental Disabilities Awareness Month covers three main areas: education, employment, and community living.

In Memorium: John Dingell

We at the Mon-Arc of Monroe, along with The National Association of Councils on Developmental Disabilities (NACDD), mourn the passing of former Representative John Dingell of Michigan. The longest-serving U.S. Representative, Dingell was a vocal advocate and proponent of accessible and comprehensive health care. Dingell devoted his considerable legislative talents to promoting the passage of Medicare, Medicaid, and the Affordable Care Act, all of which influence and aid the lives of people with disabilities.



"We are grateful for the work of Rep. Dingell during his storied career on Capitol Hill. His work to ensure all people, including those with intellectual and developmental disabilities, had access to health care was tremendous and is certainly reflected in his legacy," said Donna Meltzer, CEO of NACDD. "Among the vast array of historic legislative achievements, few hold greater meaning than his tireless commitment to the health of the American People," said Nancy Pelosi, Speaker of the House.

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Here to serve you ...

Staff Members: Sondra Nocella-Thorn, *Executive Director*
Wanda McCann, *Rep Payee*
Linda Weick, *AARP Trainee*

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

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MON-ARC Board Members

Maureen Dempsey
President

John Deku
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.

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 other important information regarding Mon-Arc.

Please send us the e-mail address you would like us to use, either by e-mail to arcmonroe@sbcglobal.net or call the office.

2019 Tax Guide Offers Helpful Information

The 2019 Tax Guide is available free of charge on-line at <http://www.arcmi.org> or at <http://www.thearcoakland.org>. The guide may be printed without permission for use by members and friends of The Arc Michigan.

This authoritative income tax guide has proven invaluable for families and individuals concerned about tax deductions and credits related to the care and support of a child or an adult with an intellectual or developmental disability. After 45 issues, this booklet has become an annual "must-have" for the informed parent. Many of the figures contained within this guide are calculations by CCH, Inc., based on its Consumer Price Index estimates due to official IRS tables not being released in time for either publication.

IMPORTANT DATES COMING UP...

- | | |
|----------------------|--|
| April 8-10 | Disability Policy Seminar in Washington, D.C.
Learn more about the seminar at https://disabilitypolicyseminar.org |
| April 17 | Mall Walk & Talk at Mall of Monroe |
| April 26 | Dance at Monroe County Community College |
| May 1 & 2 | Advocacy Day at the Michigan State Capitol
Scholarships are available for mileage and overnight accommodations for self-advocates who meet the criteria. Call (517) 335-3158 by April 15. |
| May 17 | Dance at Monroe County Community College |
| June 14 | Dance at Prince of Peace Lutheran Church in Ida |
| August 23 | Dance at Monroe County Community College |



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:

Hallelujah! Spring is almost here! You are probably like me ... looking forward to the daffodils and tulips popping up and shedding the winter apparel. I've been seeing more birds around my bird-feeders, which is a sure sign that spring is on its way. And then, of course, we have Easter, the Easter Bunny, and all the CANDY to look forward to!

MALL WALK AND TALK: One event coming up on the horizon is the **Mall Walk & Talk**, sponsored by the Monroe County Health Department Health Promotion & Disease Prevention Services — *Healthy Monroe - Live Well. Be Well (LWBW)*. Health education materials and information on Health Department services will be available. It's a great opportunity to get information about health issues plus take a walk around the mall and make some new friends! **The event will be at the Mall of Monroe on the third Wednesday of the month.** Come and discuss physical activity, nutrition, and general wellness with the LWBW team. If you are interested, your blood sugar can be taken before and after you walk. *Live Well. Be Well* aims to educate, promote and lead Monroe County residents to eat healthy, be active and prevent chronic disease.

Upcoming Dates:

- March 20, 2019

- April 17, 2019

Time: 8:00 a.m. - 10:00 a.m.

Location: Mall of Monroe; 2121 N. Monroe Street, Monroe

Price: FREE!

HOUSING & LIVING INDEPENDENTLY: I would like to take a moment and address housing and living independently. We all have heard that there is a serious shortage of direct care staff and we here at Mon-Arc are doing our best to support higher wages for these hardworking individuals, but it brings to the forefront some additional problems, such as housing. If there is not enough staff, then our consumers are at-risk of losing some of their independence. It is important that we work with our legislators to make the needed changes. Contact your legislators to voice your opinion at:

Senators: <http://www.senate.michigan.gov/fysbyaddress.html>

Representatives: <http://www.house.mi.gov/MHRPublic/frmFindARep.aspx>



Sondra Thorn
Executive Director

SOCIAL RECREATION NEWS - WINTER 2019

Our last 3 dances at Monroe County Community College have been well-attended; the Valentine Dance had a record attendance of 174.

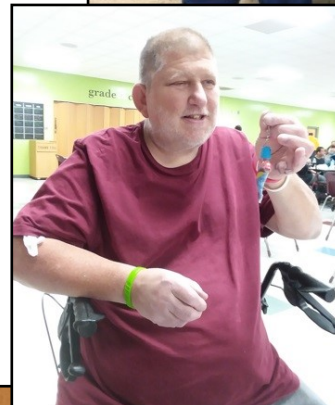
Monroe Bank & Trust will no longer provide popcorn at the dances, but we hope to be able to find other sources to provide the popcorn. If you know of another source, please call the office at (734) 241-5881.

Volunteers at the dances have been from: **Triumph Academy, National Honor Society, St. Mary Catholic Central High School, Monroe County Middle College, Monroe High School, R.S.V.P., Monroe Bank & Trust**, parents and friends.

Refreshment donors: **Mary Ann Reed and Mary Waszak.**



*Whatever the season,
we have reasons for fun!*

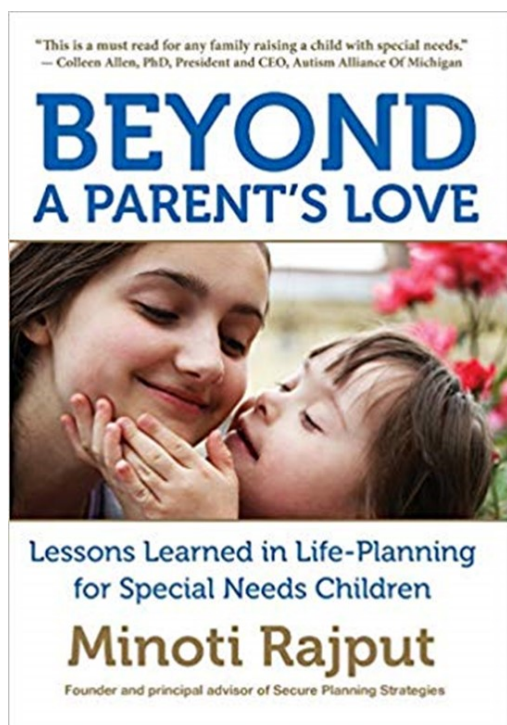




Art Therapy Classes Offer New Perspectives

Mon-Arc received a grant from the Community Foundation of Monroe County to offer **FREE** art classes to our adult clients. These classes will begin in the few weeks.

If you wish to sign up for a class, please call Linda at the ARC office, Tuesday through Thursday, between 9:30 a.m. - 3:30 p.m., at **(734) 241-5881**.



"Beyond A Parent's Love" is a collection of human interest stories of several families describing their challenges, struggles and triumphs of raising a child or children with disabilities.

While it describes planning strategies for the future of a person with special needs, it also focuses on the family dynamics, parent's acceptance of their child's disability, and concerns about caring for the child after the parents are gone. These are true stories and each one of them provides insights and lessons that can be learned.

The book can be purchased on Amazon: <https://amzn.to/2wApVp6>



UPCOMING DANCES

- Friday, April 26
- Friday, May 17
- Friday, Aug. 23

April, May & August dances (6-8 p.m.)
at Monroe County Community College

■ Friday, June 14
at Prince of Peace Lutheran Church in Ida
(Time for June dance to be announced)

CANCELLATION POLICY: You can check our Facebook page [The Mon-Arc of Monroe] or our website page [www.monarcofmonroe] for cancellation notices.

IN MEMORIAM: JOHN DINGELL *[Continued from page 1]*

Dingell's legacy continues through the work of his wife, Representative Debbie Dingell, who succeeded Dingell in office. She recently introduced the EMPOWER and Care Act, which re-authorizes and expands upon the Money Follows the Person Demonstration (MFP), which provides people with disabilities the opportunity and assistance needed to transition from institutions to their communities, where they can live fulfilling, independent lives.



Very Special Thanks to ...

■ **Dundee Knights of Columbus**
for their generous donations.

Membership Works!

During this month of Developmental Disability Awareness Month, we hope to increase our membership with your help.

- YOU'RE NOT ALONE!

When you join The Mon-Arc of Monroe you become part of a network of more than 100 local members and 150,000 members nationwide – families, self-advocates, and individuals who provide support, information and encouragement to one another. Membership in The Arc provides a sense of purpose and belonging.

- HELP CONTINUE THE ARC'S MISSION

When you join Mon-Arc you belong to a well-established and respected local, state, and national association. Members are essential as we continue our mission of advocating for a better life for Monroe County citizens with intellectual and developmental disabilities. Whether you are a parent, sister, brother, grandparent, friend, community member, or a person with a disability, we invite you to become involved in continuing Mon-Arc's mission to inspire positive change.

- WHY IS MEMBERSHIP IMPORTANT?

Members provide clout! A large membership means that a louder and stronger voice is heard by state legislators and national policy makers. As more members are attracted to Mon-Arc's work and mission, our future goals can develop and grow. Membership means a better-informed public. Awareness is an outgrowth of membership and is the first step to creating society-wide acceptance of children and adults with intellectual and other developmental disabilities.

Member dollars help us to fulfill the many commitments to those we support. Member dues help generate funds to get the job done locally as well as on state and national levels.

- LEARN

When you join The Mon-Arc of Monroe, you will receive our quarterly newsletter. You can subscribe to e-newsletters from The Arc of Michigan and The Arc US and you will receive information about trainings, conferences and special events.

- JOIN NOW!

Please renew your membership and encourage others to join our organization. Better yet, purchase a membership for someone else as a birthday gift, memorial gift, or a friendship gift. There is a membership form on the back page of this newsletter.



We appreciate our new and renewal members!

NEW MEMBERS:

Steve & Bonnie Thompson

RENEWED MEMBERSHIPS:

Marjorie & Kevin Achinger

Michael Brown

Roxie & Bink Boll

Nancy Feick

Diana Gilbertson

Judy Grounds

Barbara & Clyde Jenkins

Sue & Kevin Karnick

Tammy & Craig Lamb

John Moskwa

Betty & Larry Nickel

Patricia & James Nusbaum

Kaye Shepard



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. _____