



Fall Newsletter, September 2015

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Upcoming Events

- Sept. 26: Wings for Autism

Dear Arc Family!

As we near the close of the year, we want to thank each of you for every dollar, every hour, every kind word and every helping hand you gave to us. In a time of much uncertainty with possible funding cuts, you helped The Arc of Jefferson County have our most successful fundraising year to date - **we have passed the \$315,000 mark!!!** We will rely more and more heavily on your generosity as we navigate through this tough time. You give us hope of a bright future!

Wings for Autism

Birmingham Shuttlesworth International Airport

Wings for Autism is coming to Birmingham on September 26th! Wings is a national program geared towards providing a "test-run" airport experience to families with children who have a developmental or intellectual disability. Airport staff also



- Nov. 19: Fall Membership Luncheon
- Dec. 12: Decked Out Dash @ Heardmont

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For the most up-to-date news on all things Arc, you will definitely want to tune in. We post info on upcoming events as well as stories going on in the I/DD world!

have the opportunity to learn how to better accommodate the needs of these families.

The "test run" will begin at 4pm, where the child and one caregiver will check in with Delta Airlines. They will receive a real boarding pass and will then be able to go through security and head to a boarding gate. After boarding the plane and going through all standard safety instructions, the plane will taxi participants around the airport! Families will then be treated to a reception.

Airports can be loud, crowded, delayed, busy and tiresome. It is difficult to explain to children and can be even harder to explain to a child who can be highly affected by these triggers. We are looking forward to the wonderful opportunity this event gives all of us to learn!

Toast to The Arc

The Best is Yet to Come

And DID come to A Toast to The Arc 2015! You helped us raise over \$71,000 in one spectacular night. Held at The Club and honoring long time friend and hearty supporter Bob Kracke, the Toast was everything we dreamed and more. Feeding off a vintage Hollywood supper club theme, the Toast featured a live band, silent and live auctions and a fund-a-need that brought money in for our training kitchen and its Ability Baking Company. We look forward to outdoing ourselves again next year and know this is possible with your help! Click [HERE](#) to see more pictures from the event and read below about more event successes we've had at the close of our fiscal year!



Event Success

16th Golf Classic

Our 16th Golf Classic held on May 8th had a wonderful turnout accompanied by beautiful weather. Held at Robert Trent Jones Oxmoor Valley, the Classic welcomed 12 teams, 8

sponsors, and 12 special guests from the NFL Players Association who came out to participate with our supporters. Arc individuals who came to help pass out participant bags and goodies for our sponsors loved getting autographs and pictures with our guests. Of course, with many of the former NFL players also being former players for Auburn and Alabama, the age old rivalry was naturally stirred up with many "Roll Tide's" and "War Eagle's" to go around! All in all, the event raised over \$14,000, an increase from previous years! Check out a few of our teams below!



Annual Sporting Clays Tournament

We shot for success at this year's event and not only had a bigger turnout than ever, but the amount raised was through the roof! Bringing in close to \$15,000, the event demolishes our previous numbers. Though a bit of a drive from Birmingham, Selwood's beautiful setting still beckoned 14 teams and 5 sponsors to try their hand at some tricky clays set to mimic various wildlife. Teams enjoyed healthy competition between coworkers while one company in particular set up their own incentive for coworkers: losing team had to clean their office parking lot! It was all great fun and comradery, sharing a bit of trash talk after the event while enjoying a fish fry from Whisker's Catfish! We are happy to make the drive year after year if it means getting to see so many happy faces. Click [HERE](#) for a gallery of a few of the teams that participated!

Blount County Bunco

Bunco crash course in layman's terms: teams of two compete against each other by rolling 5 dice. Each round is assigned a number 1-6 and your team score is based on how many times you roll the number chosen for that round. If all of your dice match the chosen number, you get a bunco! Sounds tricky, but trust us, it's not! We had not played much bunco prior to our evening with Blount County staff members and supporters, but we picked up the game within a few rounds. And let us tell you, IT'S A BLAST! We were all laughing and cheering and screaming BUNCO the whole night. Blount County turned out to support The Arc at the luau-themed game night, complete with Hawaiian Pizza, fruit punch, flower leis and grass skirts! The event was held at The World Outreach Center in Oneonta and we couldn't have had a better set up! Raising almost \$2,800 at a simple game night, Blount County did us proud! We cannot wait to plan another fun, themed evening of good games and grub! Check out all the Bunco winners [HERE](#)!

Ability Academy

Arguably one of the most exciting events held this year was Ability Academy Football Camp led by Oakland Raider Matt McCants and fellow NFL players and college football alum. This brand new event welcomed over 150 children (ages 10 and up) and adults with intellectual disabilities to a football camp held at Samford University's Seibert Stadium. Matt and his team of coaches taught campers the basics: throwing, catching, running, tackling, and most

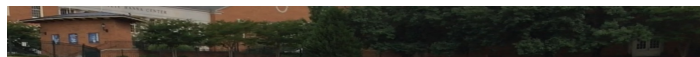
importantly, celebrating a touchdown with a great touchdown dance! Campers were broken up into 8 teams and then were able to travel to different stations on the field where they would learn a new skill. Never have we seen so many smiles, so much cheering, and so much laughter in one day. We don't just mean the campers although they truly enjoyed getting to participate in something they've never been given the opportunity to do before. Parents who have never been able to sit back and just allow their child to participate in a sporting event were able to kick-back, worry free. And staff and supporters who volunteered felt the heart-warming enrichment that only an event like this can give you. We were all impacted. Ability Academy will definitely be back next year and even bigger! To see these campers and coaches in action, click [HERE!](#)



A Perfect Match!

A Story from our [Annual Report](#)

The 2014 Annual Report just came out! Click the link above to see it in its entirety! Here we want to share one of the featured stories about Jason, one of the 294 people who received residential services from The Arc in 2014. Jason is also part of The Arc's adolescent program, and before coming to us, he struggled to find his place. He had trouble communicating his feelings, much like other teenage boys his age. He was aggressive and defiant of authority. Being tall with an athletic build, he was a danger to himself and others when he acted out and he ended up in a 6-month hospital stay due to severe behavior and psychological issues. But that was almost 2 years ago. Now, Jason is thriving. Since coming to the Arc's adolescent program and residential services, Jason has found sports outlets for his energy. He loves football, basketball and fishing. Staff also encourage Jason to write down his feelings or talk it out whenever he is feeling anxious or depressed. He feels so close to staff that it is becoming easier for him to express himself. Jason is working on his independence, enrolled in a local high school, doing the typical activities of teenagers his age. Finally feeling like he has a place and people who love and support him has made all the difference in Jason. His future is bright!





Ability Baking Company

Baking a Difference

Our training kitchen is in business! Classes from each Arc campus have been visiting with Jill, learning how to make cupcakes, apple turnovers, muffins, brownies and cookies FROM SCRATCH! No slice and bake in this kitchen. Individuals are learning everything from proper hygiene while cooking to how to crack an egg to how to ice a cupcake!

Recently at A Toast to The Arc, a fund-a-need helped raise \$19,000 for the new equipment needed to update a commercial kitchen. We also received grants from Alagasco and The Daniel Foundation of Alabama to help furnish the kitchen with the proper appliances Jill will need to train each class. The goal is to help Arc individuals to not only prepare meals for themselves, but to potentially help them secure a job in the community!



Volunteer Corps

Make an Impact!

Due to an ever growing number of volunteers who are passionate about and interested in the mission of The Arc, we have created a new opportunity to serve through donation of your time and talents. The Volunteer Corps will be a database of friends of The Arc who are willing to step in whenever help is needed in an area or areas of interest to you. Whether it be consumer holiday parties, helping with baking classes in the training kitchen, painting or yardwork through Adopt-a-Home, we've got a project for you! To become a member of our Volunteer Corps, give us your information and preference [HERE](#).