Future Planning: It’s Possible and Necessary

Future planning is important for all families. Thinking about the future can be challenging and emotional. However, experience shows that adults with intellectual and developmental disabilities (I/DD) make a better transition from the family home when the family has planned for the future.

The Arc has created the Center for Future Planning to support and encourage adults with I/DD and their families to plan for the future. The Center’s website (futureplanning.thearc.org) is the first step in achieving that goal.

The website provides reliable information and assistance to families and individuals with I/DD on areas such as person-centered planning, decision-making, housing options, financial planning, employment and daily activities, and making social connections. In addition, the website provides information to family members, friends, and professionals that support individuals with I/DD. The website also features stories of people and families who have created future plans or who are in the process.

Planning ahead can be difficult, but it’s possible and necessary. You can learn more about the resources Center for Future Planning provides at Futureplanning.thearc.org. Please contact The Arc of Story County or The Arc’s national office for more information.

iCan Bike: Camp June 1-5, 2015, Ames

From June 1-5, 2015, iCan Shine’s Ican Bike program will be in Ames to teach individuals with disabilities how to ride a conventional bike and become a lifelong independent rider!

iCan Bike uses a fleet of adapted bicycles, a specialized instructional program and a trained staff to teach individuals with I/DD how to ride a bike. Riders attend the same 75-minute session each day for five consecutive days whereby they are physically assisted and encouraged by two volunteer “spotters.”

This camp is being made possible by a group of volunteer students from Iowa State University, a grant from The United Way of Story County and The Arc of Story County.

To learn more about how to participate as a rider or volunteer email:kacook@iastate.edu or contact The Arc of Story County office.

Achieve with us.
Letter From the Director

As the executive director of The Arc of Story County, I have great pride being involved with an organization rich in history and with such wonderful programs and supports for people with intellectual and related disabilities.

Over the past three years, I have seen The Arc’s mission at work! We have been so fortunate to have strong boards, active committees, and dedicated supporters who help make a difference for our families and individuals.

I would like to take this opportunity to recognize our annual award winners who were recognized at our annual fundraiser Viva la Arc on March 7th.

Volunteer of the Year: Herb Harmison
Educators of the Year: Fellows Elementary School
Super Sibling of the Year: Michael Ross
Professional of the Year: Martina Luppen, Friendship Ark Homes

Tricia Crain
Executive Director

Pictured (l to r): Tricia Crain, Executive Director (Arc of Story County), Herb Harmison (Volunteer of the Year), Martina Luppen, Friendship Ark Homes (Professional of the Year), Michael Ross (Super Sibling of the Year), Jessica Johnston, Fellows Special Education Teacher (Educators of the Year)
Developmental Disabilities Awareness Month
Community Conversations

ID Action and The Arc of Story County are co-hosting a Community Conversations Event to recognize the impact that a welcoming community has on those who live and work here, and ways to increase the active engagement of those with developmental disabilities.

Speakers will be elected officials, employers and personal stories from people who help create a welcoming community. Particularly, what does a welcoming community mean and look like.

Date: Thursday, March 26th, 2015
Time: 6:30 p.m. to 8:00 p.m.
Location: Ames Public Library, 515 Douglas Ave, Ames

Lunch at the Campanile
Thursday, March 26th

The Emerging Greek Leadership Council is sponsoring a Lunch at the Campanile on Central Campus to support the mission and activities of The Arc of Story County.

The lunch will cost $5.00 and will run from 11:00 a.m.—1:30 p.m.

Stop by for a great lunch, support a wonderful cause, enjoy campus and say “Hi” to your Special Olympic Athletes.

Important Dates

- March 14th - State Special Olympics Competition; Iowa City
- March 26th - Lunch at the Campanile, 11:00-1:30; Central Campus by the Campanile
- March 26th - Community Conversations, 6:30-8:00 p.m.; Ames Public Library
- April 23rd—Spring Fling Dance, 6:00-8:00 p.m.; Moose Lodge
- May— State Special Olympics Competition; Ames
- June 1-5—iCan Bike Camp; All Iowa Attack Center

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www.thearcstory.org

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Thank You to the United Way of Story County for a $5,000 grant for the iCan Bike Camp.

www.thearcstory.org

Serving Story County since 1955 * Affiliated with The Arc of the United States and The Arc of Iowa * United Way Story County Partner Agency