

Events at The Arc

See what's happening this [month!](#)

Upcoming Events:

Cooking class started! 9/29

Halloween Dance 10/23

Unified Volleyball

Dates: October 15, 22, 29, November 5, 12.

Time: 6:00 p.m. – 7:00 p.m.

Location: Beyer Hall Gymnasium

Dance/Cheer 12/2

Basketball 11/13



Project SEARCH

In August, we welcomed a new cohort for Project SEARCH. Six students are diligently working on their employment goals and will graduate from the program in May.

We also welcome Tara Box, our new instructor!



Exciting News!!

We are thrilled to share that The Arc of Story County is embarking on an exciting journey, partnering with Friendship Ark to create a vibrant new office space in West Ames, which will not only serve as a hub for our vital programs but also includes the addition of a full-size gym! This innovative facility will be a game-changer, providing our community with a dedicated space for physical activity, social engagement, and overall well-being—fostering an environment where individuals with intellectual and developmental disabilities can thrive. We invite you to envision the joy and empowerment this gym will bring, enhancing the quality of life for those we serve and promoting inclusivity within our community. If you are interested in learning more about this incredible initiative or exploring ways to support our mission, please reach out to The Arc office. Together, we can make a meaningful impact and create a brighter future for everyone!

My Wellbeing class offered in January:

The Arc is partnering with the Iowa State Extension office to offer a "My Wellbeing class" starting in January at the Ames Public Library.

Designed with people with intellectual and developmental disabilities in mind, specifically those who are interested in improving their wellbeing and quality of life.

Participants explore areas of well-being during six 60-minute sessions.

Sessions

1. Getting to Know You
2. Time for Me - Understanding Wellbeing
3. Social/Emotional Wellbeing - Building strong relationships
4. Financial Wellbeing - Understanding money
5. Physical Wellbeing - Enjoying good health and having energy
6. Pulling It All Together - Practicing how to make positive choices



A Letter From The Director:

Happy Fall! As we embrace the beauty of this season, the warm temperatures remind us of the lingering joy of summer. We are thrilled to share that our fall activities have been a resounding success, highlighted by the exciting addition of pickleball to our sports lineup, which has brought much enjoyment to all participants. Our athletes truly shone at the Fall Classic at the end of September, with 35 competitors showcasing their talents and sportsmanship. As we transition into the winter months, we eagerly anticipate our upcoming activities, including the Halloween Dance and Best Buddy events, which foster connection and community among our members.

However, we must also address the challenges we face due to significant funding cuts; we regret to inform you that we no longer have funding for our Project SEARCH program through IVRS, and we have lost \$50,000 for our Active LifeStyles program from our mental health Region, which was vital for our social and recreational initiatives. Despite these hurdles, The Arc remains steadfast in our commitment to providing essential services to individuals and families, and we are actively seeking ways to overcome these obstacles.

Together, with your continued support, we can inspire hope and resilience within our community. We invite you to engage with us in our upcoming winter activities and Best Buddy events, as your participation is invaluable in furthering The Arc's mission and fostering a sense of belonging for all.

With Appreciation - Tricia Crain, Executive Director

Annual Membership

As we approach the beginning of November, we are excited to remind you that The Arc will be sending out our annual membership form. Your membership is not just a contribution; it is a vital lifeline that supports our essential programs and services for individuals with intellectual and developmental disabilities in Story County. By becoming a member, you are helping to amplify The Arc's voice in advocating for important policy issues at local, state, and national levels. This is an opportunity for you to be part of a compassionate community dedicated to empowering individuals and families in our area. We urge you to take action and join us in this meaningful mission, as your support is crucial in driving positive change.

Together, we can continue The Arc's enduring legacy of advocacy and community engagement, making a lasting impact in the lives of those we serve.

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The Arc of Story County's Mission Statement:
The Arc of Story County enriches the lives of persons with
intellectual and developmental disabilities.

The Arc of Story County
www.thearcstory.org

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