

How Can You Help?

Since 1955, The Arc of the Mid Ohio Valley has been the premier advocacy organization devoted to ensuring a satisfying and productive life for people who have an intellectual or related developmental disability.

Over 3000 Families Interact With
The Arc of the Mid Ohio Valley
Each Year Through the Following:

Direct Services & Adult Living Skills

- Summer Trips
- Secret Christmas
- Bowling Sessions
- Cooking & Adult Living Skills Club
- Dances, family picnics, etc.
- Future Planning Presentations
- Training for Special Education Students
- Summer Day Program
- Linking People to Assistive Technology
- Health & Wellness Program

Advocacy

- People First Self Advocacy group
- WV Self Advocacy Project
- Individual Advocacy
- Disability Awareness presentations
- State legislative efforts
- Annual contact with federal legislators

Community Education

- The Arc Newsletter
- MOV Down Syndrome Newsletter
- TechLink Newsletter
- Awareness talks
- Health Watch Radio Show
- Resource Library
- Newspaper articles
- Special Education Scholarships

Family Support

- MOV Down Syndrome Support Group
- Information & Referral Contacts
- Linking parents to one another
- Sibling Support Group

Volunteers

- 350 people each year

How can I or my organization help The Arc of the Mid Ohio Valley and people with intellectual or related disabilities?

Volunteer at one of our Noah's Arc Thrift Shops (Vienna and/or Southside) by helping sort, tag, and hang donated items. Volunteering at the thrift shop is a great way to learn valuable merchandise skills and retail experience while helping a worthy cause, and can be done Monday - Saturday from 10:00 am to 5:30 pm. Groups and individuals are welcome!

Increase Awareness of Fetal Alcohol Syndrome by funding the printing of wallet size cards that have an FAS message on one side and a guide to tipping on the other. We also need **volunteers** to deliver the cards to local restaurants.

Sponsor one of the 9 monthly dances of The Arc, or **volunteer** to help serve snacks (All Dances), take pictures (Valentine Dance), work Bingo (Halloween Dance). Monthly dances are held at the Dils Center and attract 250-350 people.

Be a **volunteer** Guest Chef and teach healthy, easy cooking at The Arc's Cooking Club which is attended by about 35 adults with special needs. Cooking Club is held on the first and third Tuesdays during the school year from 4:15 – 5:45 pm.

Volunteer with Disability Awareness presentations to 3rd graders (scripted presentation/coloring book for the kids) and/or giving Power Point presentations to community organizations.

Being a Health & Wellth program mentor by **volunteering** with the walking club, lunch & learns, medical presentations, etc.

Sponsor a person at Christmas for The Arc's Secret Christmas project and/or **volunteer** to help shop and wrap. There are three parts to this project. Toiletries & Housekeeping Items, Wrapped Christmas gifts, and Cookies in Tins are all components of this project and are given to those 13 and older who have been determined to have a need, and who have little or no family support.

Become a member of The Arc! For annual dues of \$25 you support the local chapter and add your voice to hundreds of thousands of voices across the country advocating for quality services for people with mental retardation and their families.



The
Arc[®]

of the Mid Ohio Valley

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