

January-February 2020

4511 6th Avenue, Suite 204
Kearney, NE 68845

(308) 237-4343

www.arcofbuffalocounty.org

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Talking Fingers:

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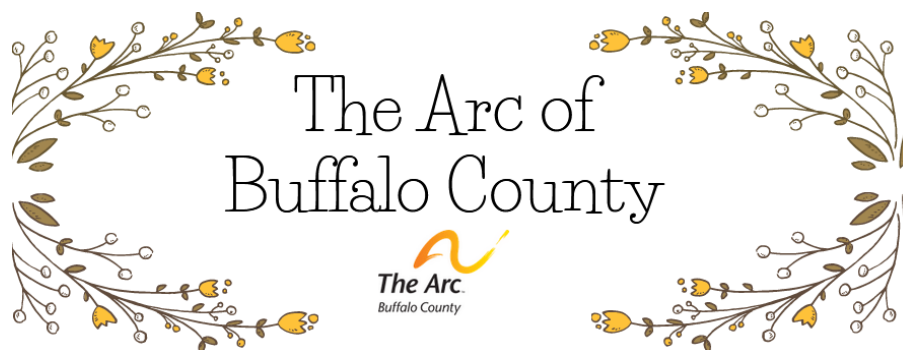
Sherilyn Hendricks

Linda & Tom Mercer

Jennifer Reed

Mission Statement

The Arc Buffalo County advocates for the rights of citizens with developmental disabilities and their families.



HAPPY NEW YEAR!

A new year brings new membership registration. Membership includes membership at state & national level, newsletters, discounted member rates for bowling, educational classes and other Arc events and activities.

Membership registration is on page 3. The rate for the year is \$25 for an individual and \$50 for a family. If you know of anyone who would like to become a member we have more copies of the registration form at our office.

New membership cards will be made for everyone who pays for a 2020 membership.

Your membership card will allow you to bowl at the Big Apple on Monday through Friday from 10am to 4pm at a significantly reduced rate.

Disability is a natural part of the human experience and in no way diminishes the right of individuals to live independently, enjoy self-determination, make choices, contribute to society, pursue meaningful careers, and integration in the economical, political, social, cultural and educational mainstream of American society.

-1992 Developmental Disabilities Assistance and Bill of Rights Act

Family Respite



The Arc will continue to host monthly respite on the first Thursday of each month from 6-8 pm at the Kearney Area Children's Museum. Supervised care is provided for children ages 2-12 with disabilities and their siblings aged 2-10, allowing parents and caregivers to have a break. In order to make this a successful experience for the children we limit the number of children to 25. We also **require participants to be members** and to have completed The Arc Activities registration on page 3 with desired dates. We are currently taking registrations for January and February 2020. **Cost is \$5 per family for each monthly respite**

People First 2020 New Year's Party

Sat. Jan. 4th from 2-4 pm at the Kearney Manor Pavilion. Bring your favorite board games. We will also enjoy playing Bingo & Karaoke!



Buddy Bowling Begins Soon!

With the new year comes a new Buddy Bowling season! Bowlers are matched with a Buddy volunteer and bowl for 8 weeks beginning Feb. 12th and ending April 22nd (no bowling March 25th due to UNK Spring Break). We will bowl from 4-5 pm at the Big Apple Fun Center. Cost to Bowl is \$35 for Arc Members or \$45 for non-Arc members. **Please send in your registration form & check to The Arc by Feb. 7th to ensure participation.**



Valentine's Day Dance



Celebrate Valentine's Day with your friends by dancing the evening away with Tony from DJ America. This event is for all ages!

When: Friday, February, 7th from 7-8:30 pm
Where: Harmon Park Activity Center
Cost: \$3 per person or \$5 per couple/family.

The Arc of Buffalo County will supply All Drinks and Snacks.

People First Meetings

People First meetings are usually held the 4th Thur. of the month, 4-5pm at Kearney Manor Pavilion. People First of Kearney is affiliated with People First of Nebraska, the only state-wide, non-profit self-advocacy organization for adults with developmental and physical disabilities. The purpose of People First is to encourage self-advocates to speak for themselves, learn their rights and responsibilities, and to work together to make services better for people w/disabilities. You can make a difference!

Jan. 23, 4-5 pm at Kearney Manor Pavilion
 Feb. 27, 4-5 pm at Kearney Manor Pavilion

Winter Programs: Check the boxes of the activities you plan to join

\$_____ Cooking Class: Mondays: Feb 10th, Feb 17th, Feb 24th, and Mar 2nd, Mar 9th, & Mar 16th. **Fee is \$35 for members and \$45 for non-members.**

\$_____ Craft Class: Saturday, Jan 18th and Feb 15th from 10am-12pm at The Arc office. For ages 18 and up. **Fee per class is \$12 per session for members and \$14 for non-members. Minimum class size is 5.**

\$_____ Buddy Bowling: Wednesdays: Feb 12th, Feb 19th, Feb 26th, Mar 4th, Mar 11th, Mar 18th, **(No bowling March 25th due to Spring Break)**, Apr 1st, Apr 8th. **Fee is \$35 for members and \$45 for non-members**

\$_____ Talking Fingers Class Thursdays 5-6pm: Feb 6th, Feb 13th, Feb 20th, Feb 27th, Mar 5th, Mar 12th. **Fee is \$25 for members/\$30 for non-members. Minimum class size is 5.**

\$_____ DAYcation: Saturday February 8th. **Meet at The Arc office 9am** *Home is Where the Heart Is* **Fee is \$55 per member and \$65 for non-members.**

\$_____ Painting with Diane: Thursday, February 20th. **Fee is \$35 for members/\$40 for non-members. Maximum class size is 6.**

\$_____ Respite: January 2nd, February 6th. **Fee is \$5.00 per family per month. You must be a member to participate. See page 5 for info.**

2019 memberships expire on December 31, 2019.

Remember to RENEW

_____ Single/Self-advocate (over 21) \$25 _____ Family \$50

_____ Business \$50 _____ Benefactors \$100

\$_____ Donation for Scholarship Fund Enclosed

\$_____ Total Fees enclosed **Cash or Check (please circle one)**

Participant's Name _____

Age _____ Birthdate _____ Shoe size _____

Parent or Guardian Name _____

E-mail address _____

Address _____

Zip code _____

Phone Number (____) - _____

Cell Number (____) - _____

Participant's disability:

Wheelchair _____ Walker _____ Crutches _____

Other _____

Additional limitations and/or information that will help the staff/volunteer helping you/your person.

Do you /your person have any food/drug allergies? If yes, please list:

Please make checks payable to:

The Arc of Buffalo County

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Special Olympics

JANUARY 3 rd	BASKETBALL	YMCA	7:00-8:00
JANUARY 4 TH	SWIMMING	YMCA	8:00-9:00
JANUARY 10 TH	BASKETBALL	YMCA	7:00-8:00
JANUARY 11 TH	SWIMMING	YMCA	8:00-9:00
JANUARY 17 TH	BASKETBALL	YMCA	7:00-8:00
JANUARY 18 TH	SWIMMING	YMCA	8:00-9:00
JANUARY 24 TH	BASKETBALL	YMCA	7:00-8:00
JANUARY 25 TH	SWIMMING	YMCA	8:00-9:00

I will update new sports as we get them started in February and March. We hope to start track in February and volleyball and powerlifting in March

Dates to put on your calendar

February 1st Polar Plunge

February 5th Bowling resumes at The Big Apple for those qualified for state

February 22nd Basketball tournament in Minden

March 7th Aquatic meet in Hastings

Remember, you can only miss 2 practices. If you want to play and compete with the team, you must be at practices. We will keep you updated on any changes and you can check our facebook page or call me. 308-627-4556 or text me. If I don't answer right away, please understand I am working. I will get back to you. I will make a decision as soon as possible if I have to cancel practice. As usual, please call if you have any questions. Coach Jennifer



Respite at Kearney Children's Museum



The 1st Thursday of every month from 6:00-8:00 pm The Arc **member** children and their siblings are invited to a special time of discovery, creativity, and wonder at the Kearney Area Children's Museum.

This event is for children with physical or developmental disabilities ages 2-12 and siblings ages 2-10. This is a free time with minimum structure. If your child does not do well in these environments you may want to consider sending staff or an older sibling to help or an alternative activity for your child.

Preregistration is required! Supervision for the first 25 children only. If you wish for your children to attend these nights you must return the **registration form on page 3 and the \$5 fee per family** to The Arc as soon as possible, slots will be filled in order of receipt.

If you register for a respite night but are unable to attend please notify the Arc at 308-237-4343 as soon as possible to allow other families the chance to attend. **Walk-ins will not be accepted, so RSVP ASAP.** Families who do not follow respite rules (i.e. picking up children by 8 pm) will be moved to wait list for future respite. Families who are not registered and show up for respite will be turned away. A staff member will confirm your registration.

DAYCATION FEBRUARY 8TH

Join Us for

Home is Where the Heart Is

We will be exploring Kearney and the unique opportunities available at UNK and around town. Plan to check out the Frank House, cheer for Loper basketball, survey the Museum of Nebraska Art in downtown Kearney, enjoy lunch and dinner at Kearney eateries and finish up with a movie. We are hoping to include a Planetarium show also.



Peanut Butter Honey Truffles

INGREDIENTS:

- 1/4 cup oats
- 1/2 cup natural peanut butter
- 1/4 cup honey
- 1/2 tsp vanilla
- Pinch salt (
- 2-3 Tbsp dried shredded coconut

Pulse the oats in a blender for 30-45 seconds to a powdery flour.

In mixing bowl, stir peanut butter, honey, vanilla, salt and oat flour

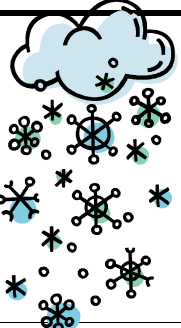
Roll the peanut butter mixture into 1-inch balls.

Roll each ball in dried coconut to coat.

Place truffles in the refrigerator. Chill for at least 30 minutes.

Serve cold. Store truffles in the refrigerator.

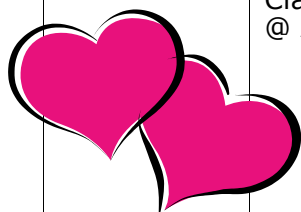
January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Respite Kearney Ar- ea Children's Museum 6- 8 pm	3	4 People First New Year's Party 2- 4p Kearney Manor
5	6	7	8	9 BOD Meeting 6p @Arc Office	10	11
12	13	14	15	16	17	18 Craft Class 10 —Noon Arc Office
19	20 Parent's Group 6:30 pm @ Arc Office	21 Girl's Nite Out 5 pm @ Perkin's	22	23 People First Meeting 4-5 @ Kearney Manor	25	25
26	27	28 Guy's Nite Out 6 pm @ Valentino's	29	30	31	

February 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6 Respite @ Kearney Area Children's Mu- seum 6- 8 pm Talking Fingers 5- 6p @ Arc Office	7 Valentines Dance @ Harmon Park Activity Center 7:00- 8:30	8
9	10 Cooking Class 4 pm @ Arc Office	11	12 Buddy Bowl- ing 4-5 pm @ Big Apple	13 Talking Fin- gers 5-6p @ Arc Office The Arc Sena- torial Dinner @ Graduate Hotel-Lincoln	14	15 Craft Class— 10 am-Noon @ Arc Office
16	17 Cooking Class 4 pm @ Arc Office Parent's Group 6:30 pm @ Arc Office	18 Girl's Nite Out 5 pm @ Perkin's	19 Buddy Bowl- ing 4-5 pm @ Big Apple	20 Paint with Di- ane 3-5:30 @ Diane's Studio Talking Fin- gers 5-6p @ Arc Office BOD Meeting 6p @Arc Office	21	22
23	24 Cooking Class 4 pm @ Arc Office	25 Guy's Nite Out 6 pm @ Valentino's	26 Buddy Bowl- ing 4-5 pm @ Big Apple	27 People First Meeting 4-5 @ Kearney Manor Talking Fin- gers 5-6p @ Arc Office	28	





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Return service requested

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