

Connector



May 2021

4511 6th Avenue,
Suite 204
Kearney, NE 68845

The mission of The Arc of Buffalo County is to help children and adults with developmental disabilities secure the opportunity to choose and realize their goals of where and how they want to live, learn,

www.arcofbuffalocounty.org

308-237-4343

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ON-LINE Activities and Events:

Parent Group: Monday May 17th 6:30pm @

<https://us02web.zoom.us/j/89249762242?pwd=bmVVQldzQXRIakJRSnhsMG5qVmwwZUT09>

Meeting ID: 859 3384 9418

Passcode: 822609

Phone: 312 626 6799

Fun with Music: Every Monday from 11 -11:30am @

<https://us02web.zoom.us/j/85770132289?pwd=SmhiODBIc2o4cUQyRnl3L3pZWk5VUT09>

Meeting ID: 857 7013 2289

Passcode: 315845

Phone: 312 626 6799

Game Time: Every Tuesday from 1:30-2pm @

<https://us02web.zoom.us/j/88424922275?pwd=OG8xRGU2cFikZRUWl2VkdUWHdXUT09>

Meeting ID: 884 2492 2275

Passcode: 111175

Phone: 312 626 6799

BINGO with The Arc: Every Wednesday from 1-1:45pm @

<https://us02web.zoom.us/j/87249089596?pwd=NXVPSVFFSHFaOTB0bzBBOHU3ckFYUT09>

Meeting ID: 872 4908 9596

Passcode: 717961

Phone: 312 626 6799

Virtual Dance Party: Saturday May 15th at 2pm @

<https://us02web.zoom.us/j/81780934036?pwd=MnQ5MEE2a1oYINReIBCdmRLbniUT09>

Meeting ID: 817 8093 4036

Passcode: 699813

Phone: 312 626 6799

Microwave Cooking Class: 2nd & 4th Tuesdays monthly at 11am on Zoom

To join call The Arc @ 237-4343 no later than the Wednesday prior to each class session.

If you would like to be on The Arc email list please call The Arc office at 308-237-4343 to provide your email address.

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



We have had a really good time bowling and I hope you all have too. Hopefully our next sports will be Bocce and Soccer. Those will probably start in June. If you have any questions, feel free to call me.

Coach Jenn 308-627-4556



Are you wondering what you might be missing in the Virtual World?

Do you wish you could reach out to friends and family in other locations? Would you like to participate in fun on-line activities? The Technology Educational Collaboration project, AKA the TEC grant, funded by the Nebraska Council on Developmental Disabilities, began activities February 15, 2021. This grant will train individuals and their staff in the use of tablets to access the Internet. Thirty tablets with internet access were purchased to make a Lending Library. The Lending Library will allow individuals to check out a tablet for short periods of time from six Vocational Agencies in Kearney who, along with The Arc of Buffalo County will house the tablets. The TEC Grant will host training sessions on the tablet including features, use and Internet safety. The present online activities will continue. Two new online activities will begin in May and others will be added monthly. **Weigh-On Wednesday**, a healthy living support group, will begin May 12th from 10:00 to 10:30am. **Crafts** will be offered the third Thursday monthly beginning May 20th from 1:00 to 1:30pm. To participate, contact The Arc at arcofbuffalocounty@frontiernet.net or 308-237-4343 for more information.

CHALLENGER BASEBALL is BACK!



"Hello!

I'm Emily Koski and I am the new coordinator for Challenger Baseball. I am originally from Kearney and a life long baseball fan. Challenger Baseball is Little League's adaptive baseball program for individuals with physical and intellectual challenges. Each night is an opportunity to pair up with a buddy to practice fundamental baseball skills with the focus on having fun and making memories.

Registration is currently open online at the Kearney Little League website - there is not a paper registration option. Participants may use the register tab at the top of the website to create a player profile. Once a player profile is created, then they should have the option to register for the Challenger Baseball division. Registration closes at midnight on May 16th so that shirts can be ordered in time for the first night. There is a registration fee of \$25 per player. The program is on each Wednesday night in June at Patriot Park, Brad Bowman Field. Participants will be divided into teams to practice fundamental skills and play games. Each night includes a short practice and game, starting at 6 and ending at 7:30, weather permitting. If anyone would need assistance with the online registration, please reach out to me and I can help them register so that everyone has the opportunity to participate. Scholarships are also available to those who need financial assistance for registration.

Contact info: Emily Koski
Email: ekkoski@gmail.com
Phone: 308-224-0098 (call or text)"

Word Search

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FLOWERS

R	M	G	C	A	L	I	L	L	D	S	M	S
L	A	N	E	T	R	A	L	A	I	K	L	D
A	R	N	F	R	S	C	F	R	R	C	L	A
L	I	I	O	T	A	F	I	E	T	O	R	I
A	G	N	E	G	O	N	W	T	D	H	F	S
I	O	R	U	D	A	O	I	I	U	Y	S	Y
S	L	Y	I	T	L	R	H	U	O	L	U	E
H	D	L	L	F	E	C	D	T	M	L	I	A
C	N	I	N	I	R	P	D	P	S	O	I	P
U	Y	U	K	O	L	R	S	R	A	H	L	E
F	S	C	A	R	N	A	T	I	O	N	C	S
L	V	I	O	L	E	T	O	Y	P	A	S	O
S	I	T	A	M	E	L	C	F	E	A	C	R

ASTER
CARNATION
CLEMATIS
DAFFODIL
DAISY
FUCHSIA
GERANIUM

HOLLYHOCKS
IRIS
LILAC
LILY
MARIGOLD
ORCHID

PETUNIA
ROSE
SNAPDRAGON
SUNFLOWER
TULIP
VIOLET

Lemon Honey Sauce

Ingredients:

4 cloves garlic
1/2 Cup honey

4 large lemons
1/4 teaspoon kosher salt

2 Tablespoons olive oil
1/4 teaspoon pepper

Instructions:

Mince 4 garlic cloves. Juice 4 large lemons and measure out 1/2 Cup of juice. Save any leftover juice for another use. Heat 2 Tablespoons olive oil in a small saucepan over medium heat until simmering gently. Add the garlic and saute until fragrant, about 1-2 minutes. Add the 1/2 Cup lemon juice and 1/2 Cup honey and bring to a simmer. Simmer until the sauce is smooth and slightly thickened, 3-4 minutes. Season with 1/4 teaspoon black pepper and 1/4 teaspoon salt. Remove from the heat and let cool completely. Sauce will thicken slightly when cooled.

Leftovers can be stored in the refrigerator in a tightly closed container for up to 3 days.



Welcome Back to In Person Activities with The Arc of Buffalo County



Upcoming In-Person Programs: *Check the boxes of the activities you plan to join*

\$_____ **Fishing Club:** Tuesdays June 1st through July 20th from 9am-10:30am at Cotton-mill Lake by the lodge and playground. For ages 14 and up. Bait is provided.

Cost is \$15 for members-\$20 for non-members. Pre-registration required. Minimum 5

\$_____ **DAYcation:** Wednesday June 23rd from 11am to 4pm at Crane Trust Nature and Visitor Center-Wood River, NE. Participants will enjoy up to 14 different outdoor activity stations with staff and/or volunteer support at each station to ensure a fun and educational adventure for everyone. Participation fee includes staffing, transportation, and lunch. Plan to meet at 11am at The Arc office (inside First Presbyterian Church - 4511 6th Ave) Pick up will be at 4pm at The Arc office unless prior drop-off arrangements are made.

Cost is \$15 for members-\$20 for non-members. Pre-registration required Max 15.

The Arc of Buffalo County 2021 Membership Drive Continues!

Your membership matters! Memberships are valid from Jan. 1 through Dec. 31, 2021

Name(s): _____

Address: _____

City/State: _____ Zip: _____

Phone: _____ Birthdate: _____

Membership Fees:

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

_____ Business \$75 _____ Benefactors \$100

Donations are tax deductible; this is a 501(c)(3) non-profit organization. Membership in our chapter includes membership at state & national level, and discounted rates for Buddy Bowling, crafts, and other programs as well as several discounts at local merchants with member card.

() I would like to sponsor an additional single membership for a person who is unable to pay for an additional \$25

Total amount enclosed: \$_____

Please make your check payable to The Arc of Buffalo County

mail to 4511 6th Ave Suite 204, Kearney, NE 68845

Members receive a membership card with local merchant discounts when presented!

Thanks to Big Apple, Taco John's, Mom & Dad's BBQ, and Papa Murphy's Pizza.