

**The Arc**  
Buffalo County

# Connector

## FEBRUARY

### Welcome to February!

We have several events planned for the month and other Save the Dates for upcoming events later in the year in this newsletter. Please mark your calendars and plan to join in. A few important notes this month. We are currently renewing Arc Memberships. There are several levels at which you, your family, or your business can join the Arc as a member. Your membership gives you discounted access to Arc events that require a fee to participate, as well as access to occasional free events for members only and a discount card to local restaurants.

You can sign up online here: <https://forms.gle/Gh1Z2iakU7YjmHv48>  
or fill out and return the form in the newsletter on page 5.

A second note, we have an opening on the board for a Self-Advocate. If you're interested, please email the Arc at [ArcOfBuffaloCounty@gmail.com](mailto:ArcOfBuffaloCounty@gmail.com).

Thank you - The Arc Board of Directors

### PLEASE HELP US WISH THESE MEMBERS A HAPPY BIRTHDAY!

Bob Winchester	Katie Philpot	Mary Howard
Katelyn Bash	Parker Philpot	Rebecca Albers
Koldin Linner	Deb Stock	Greg Ogren
Ray McFadden	Dustin Behlmann	
Kendra Keim	Laurie Helgeson	
Jeff Snodgrass	Lisa Debban	
Jennifer Epping	Stetson Hamilton	
Aaron Lakey		



VOLUME 2  
FEBRUARY 2023

### Mission Statement

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, work, and play.

### Board of Directors

President: Josh Lucius  
Vice President: Jordan Squiers  
Treasurer: Janet Anderson  
Member at Large: Penny Parker  
Directors:  
Sara Frias  
Chelsea Jensen  
Evan Miller  
Jera Hinkle  
Jamie Love  
Christina Sogar  
Carey Wilson  
Christine Fisher  
Tatum Meads - Self Advocate  
Open - Self Advocate

### Newsletter Highlights

Happy Birthday to our  
February Members

Upcoming Events

Annual Membership  
Drive



The Arc of Buffalo County  
4511 6th Avenue, Suite 204  
Kearney, NE 68845  
308-237-4343

[ArcOfBuffaloCounty@gmail.com](mailto:ArcOfBuffaloCounty@gmail.com)  
[www.ArcOfBuffaloCounty.com](http://www.ArcOfBuffaloCounty.com)

# Upcoming Events



- **Buddy Bowling** - An 8-week bowling program that brings together people (ages 6 & up) with developmental disabilities and volunteers. February 15 - April 12 (we will break March 15 for Spring Break) Registrations due Feb. 8. NO LATE REGISTRATIONS accepted. The fee is \$40 for members and \$50 for non-members.
- **Valentine's Dance** - February 10, from 7 pm to 8:30 pm at the Harmon Park Activity Center. Light Refreshments will be provided. The cost is \$5 per person.
- **Kearney Catholic High School - FREE FUN FAIR** - February 17 from 9:30 am to 11:30 am at the Kearney Catholic High School. Activity stations will include Arts & Crafts, Line Dancing and more. Join in this FREE event.
- **Kearney Crossfit Beginner Fitness Class for Females** - Mondays, Feb. 20 to March 27 from 2:45 pm to 3:30 pm at Kearney Crossfit. \$60 per person. Registration is due by Feb. 15. Class size is limited to 10.
- **Paint Paradise On-the-Go** - February 21, from 1 to 2:30 pm at the First Presbyterian Church. Come Paint your own pottery with friends. The cost is \$30 per person. Registration is due by Feb. 17. Class size is limited to 10.



## Girls & Guys Night Out

Girls and Guys Night Out will return in 2023! Meet up with your friends for a casual night out. You must provide your own transportation and you will need to pay for your own food and drinks.

### GIRLS NIGHT OUT

beginning at 5:45 pm

Dates: March 14 at Perkins

May 9, July 11, Sept. 12, and Nov. 14.

### GUYS NIGHT OUT

beginning at 5:45 pm

Dates: April 11 at The Big Apple

June 13, August 8, Oct. 10, Dec. 12.

**SAVE THESE DATES... more fun is coming!**

- March 23 - Painting with Diane
- March 25 - Adaptive Easter Egg Hunt
- March 30 - Disability Awareness Month - Social Mixer



## MARCH IS DISABILITY AWARENESS MONTH

Disability Awareness is key to establishing inclusion for people experiencing disabilities. Here are 8 ways to include people with disabilities.

1. Communicate that all people are valued, respected, and welcome.
2. Understand that disability has a wide nature and impacts most people by age, illness, or accident.
3. Create a plan to hire people with disabilities.
4. Refer to people respectfully and how they want.
5. Ensure communications are accessible.
6. Show people with disabilities in your images on your website and social media.
7. Share how your policies are inclusive.
8. Update facilities and events to make them more welcoming for people with disabilities.

Learn more here:

[How to Include People with Disabilities](#)

## VOLUNTEERS NEEDED

If you're interested in applying to be a volunteer you can fill out our Volunteer Application online: <https://arcofbuffalocounty.org/volunteers/>

We are working hard to bring back more in-person events. We need a variety of volunteers to help with providing recreation, childcare, set up and tear down events and more.



# THE ARC OF BUFFALO COUNTY

## BUDDY BOWLING

Wednesdays from 4-5 pm at  
The Big Apple  
500 West 4th St. Kearney, NE  
**Dates:** February 15 through  
April 12. We will skip March 15  
due to UNK's Spring Break.



**Registrations are due February 8.**

**LATE REGISTRATIONS WILL NOT BE ACCEPTED**

The fee is \$40 for members and \$50 for non-members.

**Participant Registration Form** <https://arcofbuffalocounty.org/buddy-bowling/>

**Volunteer Sign-Up Form** <https://arcofbuffalocounty.org/buddy-bowling/>

Buddy Bowling is an 8-week bowling program that brings together people (ages 6 & up) with developmental disabilities and volunteers from UNK, KHS, & the community.

On the last day of Buddy Bowling, we will enjoy a food and awards celebration.

Questions? Call 308-237-4343.

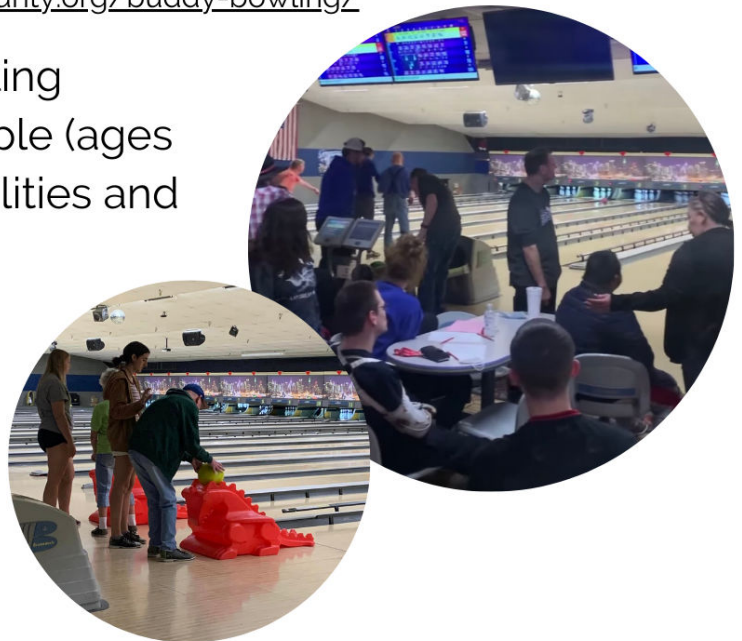


United Way Kearney Area



4511 6th Avenue  
Kearney, Nebraska 68845  
308-237-4343  
ArcOfBuffaloCounty@gmail.com  
[www.ArcOfBuffaloCounty.com](http://www.ArcOfBuffaloCounty.com)

  
**The Arc**  
Buffalo County





# THE ARC OF BUFFALO COUNTY

## 2023 ANNUAL MEMBERSHIP DRIVE

### Your Membership Matters!

Members provide a louder and stronger cohort of voices heard by local and state legislators and national policy makers that impact the lives of people with disabilities.

As a member you support innovative programs and services that we provide to our members.

As a member you have a positive impact on the quality of life for people with intellectual and other developmental disabilities and their families.

### How do I join?

**\*Sign up using the form below or in the Monthly Newsletter.**

**\*Call The Arc office at 308-237-4343.**

## Membership Form

Make Checks Payable to The Arc of Buffalo County  
Return to The Arc office 4511 6th Ave #204, Kearney, NE 68845

Name:

Address:

City:

State:

Zip:

Phone:

Birthdate:

### Membership Type

\_\_\_Single/Self Advocate: \$25

\_\_\_Family: \$50

\_\_\_Business: \$75

\_\_\_Benefactor: \$100

\_\_\_ I would like to sponsor an additional single member for a person who is unable to pay the single rate: \$25



United Way Kearney Area

Donations are tax-deductible; this is a 501(c)(3) non-profit organization.  
Membership in our chapter includes membership at the state & national level, and discounted rates for activities.





4511 6th Avenue, Suite 204  
Kearney, NE 68845



**Do you need to drop something at the office?**

We have installed a dropbox right near the door.

Please feel free to use it at your convenience.

## EVENTS REGISTRATION FORM

Participant Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Parent or Guardian Name: \_\_\_\_\_

Address: \_\_\_\_\_

Zip Code: \_\_\_\_\_

Email: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Wheelchair Walker Crutches

Other \_\_\_\_\_

Events:

\_\_\_\_ Buddy Bowling      \_\_\_\_ Paint Paradise

\_\_\_\_ Arc Membership      On-the-Go

\_\_\_\_ Valentine's Dance

\_\_\_\_ Kearney Crossfit

Additional limitations and/or information  
that will benefit the staff helping you or  
your person:

Does the participant have any food/drug  
allergies? If yes, please list:

Card Payments can be accepted over the  
phone. **Please make checks payable to:**

Arc of Buffalo County  
4511 6th Avenue, Suite 204  
Kearney, NE 68845