

# The Arc Express

*your monthly newsletter*

February 2020



EVENTS

DONATE

CONTACT US



## Welcome to the Arc Jackson County's monthly newsletter.

*Achieve with us.*

The Arc is dedicated to enhancing the lives of people with developmental disabilities and their families by providing community awareness, advocating needed services, and fostering self-sufficiency.

[READ MORE](#)



The Arc Jackson County

541.779.4520 | 121 North Central Avenue, Medford, OR 97501



# FEBRUARY EVENTS

*Check out our upcoming events, and be sure to contact us if you'd like to volunteer!*



# 01

## 1st Saturday Dance

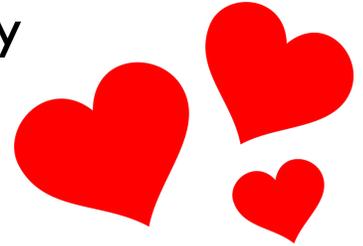
Join us at the Community Dance as we celebrate Valentine's Day!

7:00 - 10:00 p.m.

Santo Community Center

710 N. Columbus Street, Medford

Entrance Fee: \$5.00



# 13

## Health Matters Info Session

Learn about our upcoming Health Matters Program

6:00 - 7:30 p.m.

Rogue Valley YMCA

522 W. 6th Street, Medford



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# LIVE TO DANCE 2020

*Our 10th annual fundraiser and dance celebration  
is coming!*



## March 14th



Contact us to sponsor a table!  
[office@thearcjackson.org](mailto:office@thearcjackson.org)



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# DIRECT SERVICE PROFESSIONALS



*Whether you're in need of a DSP, or you want to become one...we're here for you!*

## WHAT IS A DSP?

*A Direct Service Professional is someone who can work with you on meeting goals and being a part of community! If you or your loved one qualify for Developmental Disability Services through the State of Oregon, you may be eligible for a Direct Service Professional. The Arc Jackson County offers DSPs and does a great job finding the right fit for you! Contact Michelle for more information.*



### **DSP Manager** Michelle Hoque

Contact Michelle if you need a DSP or are interested in becoming a DSP.  
michelle@thearcjackson.org  
541-779-4520



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# HEALTH MATTERS

*A program focusing on health, nutrition, and overall well-being*



## Exercise, Nutrition... Fun!

LEARN TECHNIQUES FOR HEALTHIER HABITS,  
AND MAKE FRIENDS!

*Join us for an info session*

*February 13th*

*6:00 - 7:30 p.m.*

*Rogue Valley YMCA*

*522 W. 6th Street, Medford*

**Classes begin in March**



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# THE ARC THRIFT STORE



*Come by and see us Tuesday-Friday, 11:00 a.m. - 4:00 p.m.*

*Staff Spotlight*

## EVERYONE MEET VI!

She is 78 years young and brightens up our store with her spunky personality. She has volunteered at the Arc Thrift Store for 1 year and 3 months. When she isn't working, she enjoys swimming and visiting the coast. She loves volunteering at our store because she values staying involved and active in the community. She is looking forward to volunteering until she retires, which she says won't happen for at least another three years! Come and say hi to Vi Tuesdays - Saturdays from 11:00 a.m - 4:00 p.m.

*We are in need of volunteers to work in our thrift store! If you are interested please call us at (541) 779-4520.*



**ENTIRE STORE 50% OFF  
FEBRUARY 6th-8th!**



Come shop our selection of gently used clothing, antiques and collectibles. You won't want to miss this sale!



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