

The Arc Express

your monthly newsletter

May 2020



COVID-19

DONATE

CONTACT US

For and with individuals with disabilities.



**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

COVID-19



Please review our updated response to COVID-19/Coronavirus, including how our agency and those with disabilities are affected.

Coronavirus affects us all. It does not discriminate. Just like you, The Arc is doing its part to flatten the curve. This includes:

- *Administrative Staff working from home*
- *Temporarily closing our Thrift Store & not accepting donations (anticipated re-open is scheduled for May 15th)*
- *Suspending our Health Matters Program*
- *Suspending April & May's 1st Saturday Community Dances*



Read a more thorough report of our official response to this pandemic [here](#).

Find additional resources and information [here](#)!

While not open to the public, The Arc Staff are taking calls and are willing and able to serve you.



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FUTURE PLANNING

We are excited to offer FREE Future Planning Services to individuals and families!



Are you planning for yours or a loved one's future? What does person-centered planning look like? Contact us today!

Learn more about Future Planning here.



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MAY EVENTS



Take a look at upcoming events & training opportunities -- all online!

01

Bridging Communities Netflix Party!

Join the Family Network as they host a Netflix Party, viewing "Crip Camp."

8:00 p.m.

[More info...](#)

07

Oregon Dept of Disability Services - Covid 19 Response Info

Calling all stakeholders in the DS system, including individuals, families, advocacy groups, providers, and case managers!

11:00 a.m. - 12:00 p.m.

[Register here...](#)

11

FACT Oregon presents "Managing Stress During Crisis"

Shauna Signorini discusses how to manage stress and build resilience during these strange times.

12:00 - 1:30 p.m. [Register](#)

6:00 - 7:30 p.m. [Register](#)

14

The Arc Oregon & Swindell's present "Creating a Future Plan"

Learn how to create a Future Plan for your child.

6:30 - 7:30 p.m.

[Find out more & register here...](#)



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