

# The Arc Express

*your monthly newsletter*

March 2021



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***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



# THE LATEST NEWS



*Keep up with The Arc*

## **Executive Director Relocates**

Change comes when we least expect it. I had planned to serve as The Arc's Executive Director for many years to come. However, with the loss of our family's home to the Almeda Fire, as well as my husband's unexpected career shift... my best laid plans were suddenly halted. I will continue to serve as ED from my new home on the East Coast until late April. In my short time with The Arc, I have made many friends and feel blessed to have served the I/DD Community in Jackson County. I will never forget my time with this amazing organization. Thank you for allowing me to serve.

A handwritten signature in black ink, appearing to be 'K. [unclear]'.



## **New Mural**

We are so excited to announce our new mural designed by the talented Chance Hoque! Since closing our thrift store last year, we have been working on converting our building into a creative space where we can continue to serve our mission. Chance has helped make this space feel like a light in dark times. Thank you for the hours spent researching, shopping, and painting. It turned out so beautiful, and it is a great addition to our office space!



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# COVID-19 INFORMATION

*Keeping you updated*



## ***Covid-19 News & Information***

***Click on the following links to learn more***

A woman with long dark hair, wearing a blue shirt, is shown from the chest up, looking upwards and to the right with a thoughtful expression, her hand resting on her chin. To her right is a large, hand-drawn white thought bubble on a black background. Inside the bubble are four questions: 'Should I get the vaccine?', 'Where & when can I get the vaccine?', 'What about travel?', and 'Jackson County Data'. Below the bubble, the text reads 'Have you been affected by Covid? Do you need help? Call us!' followed by the phone number '541.414.5162'. In the bottom right corner of the graphic, the phrase 'Be Safe Mask Up' is written in orange cursive. At the very bottom of the graphic is the Oregon Health Authority logo.

Should I get the vaccine?

Where & when can I get the vaccine?

What about travel?

Jackson County Data

***Have you been affected by Covid?  
Do you need help? Call us!***

***541.414.5162***

*Be Safe  
Mask Up*

**Oregon Health Authority**



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# DIRECT SERVICE PROFESSIONALS



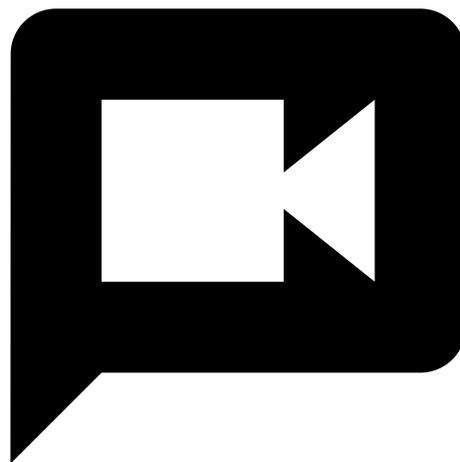
*A Person-Centered Approach...Always*

## ***Do You Need Support?***

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!

**WATCH**

## **TOBY'S STORY**



## **Contact Michelle**

**DSP MANAGER**

**541.779.4520**

**MICHELLE@THEARCJACKSON.ORG**



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# MARCH EVENTS



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

## 04

### Parent Chat by *Bridging Communities*

Questions or concerns regarding parenting a child experiencing disability? Sign in and join us for conversation...

6:30 - 8:00 p.m.

[JOIN HERE](#)

## 06

### Bringing Joy Back Home: Tips & Tools to Guide Families During Anxious Times by *Bridging Communities & Chrissy Austin, MS, CCC-SLP*

Topics that will be discussed: Mind/body connection, tools for managing anxiety and repetitive thoughts, and handling constant change in routines and learning.

10:00 a.m. - 12:00 p.m.

[FIND OUT MORE & REGISTER HERE](#)

## 06

### Early Childhood Education Virtual Summit by *FACT Oregon*

*También en español.* During this virtual learning summit we will explore highlighting your child's strengths, understanding special education services for little ones and the transition to kindergarten, and participate in panel discussions on inclusive settings, understanding LICC's, and behavior in little ones.

10:00 a.m. - 2:00 p.m.

[REGISTER HERE](#)

## 09

### Preparing to Return to In-Person Learning by *FACT Oregon*

*También en español.* During this webinar you'll learn how to find your school's blueprint plan (the plan for returning to in-person learning), understand the importance of Present Levels of Academic Achievement and Functional Performance in your child's IEP, explore strategies for working with the school team to minimize challenging behaviors when transitioning into in-person learning and share tips and tools you can use to guide and inform your child's IEP team of valuable information.

6:00 - 7:30 p.m.

[REGISTER HERE](#)



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