

The Arc Express

your monthly newsletter

April 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

Please Welcome Krista Babbitt, The Arc's New Executive Director

I was born and raised in Southern Oregon within a community of local non-profit and school-based advocates working with and on behalf of people living with I/DD. I quickly realized the importance of this work, and I sought out opportunities to work alongside some of these advocates who instilled the values of independence, inclusion, and access.



While studying social work, and later education, I developed a love for SE Asia, and I took my passion for advocacy and education abroad for nearly a decade. I lived and worked in Northern Thailand, Central Laos, and NW China. I championed access to education for people living with and affected by HIV/AIDS, rural youth affected by poverty, people with disabilities, medical professionals, government officials, and soldiers, among others. Along the way, my family grew from two to four, and I felt like it was time to head back to my roots.

Upon returning to Southern Oregon in 2019, I began working as a children's I/DD services coordinator for Jackson County. This role has given me insight into yet another layer of what families in our local community experience: the immense amount of work that goes into finding direct support and inclusion and access within the community at large. I have long watched The Arc's work within Southern Oregon and am excited to join this team of passionate community advocates.

You can contact me at krista@thearcjackson.org.



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COVID-19 INFORMATION



The Arc's Covid Supports Program is designed to help those directly impacted by Covid-19. Our grant has just been extended, and we look forward to serving you!

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! 541.414.5162'. At the bottom right of the bubble area, the phrase 'Be Safe Mask Up' is written in orange cursive. The Oregon Health Authority logo is at the bottom right of the image.

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*



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DIRECT SERVICE PROFESSIONALS



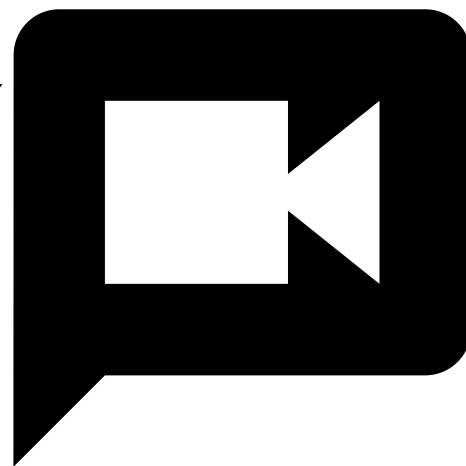
A Person-Centered Approach...Always

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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APRIL EVENTS



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

06

Could it be Sensory? Emotional and Behavioral Challenges, Part 2 by Swindells

También en español. *Difficulties with sensory processing may explain why your child is picky, uncooperative, clumsy, anxious, intense, or unable to get through the day without a meltdown.*

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

21

IEP Basics, Part 2 by Swindells

Katie Jackson joins us to discuss how to prepare for the 2021-2022 school experience and navigating the transition to school in the fall.

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

15

Visual Supports: Finding success in a confusing world by Swindells

También en español. *Rowan Hill-Walko, MS, Autism Specialist with the SOESD, joins us to discuss how visual supports can assist individuals in completing more tasks by themselves, increase their independence, reduce levels of frustration, anxiety, and aggression related to task completion and adjust more readily to changes in their environments*

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

22

Sleep & Headaches in Kids, Part 2 by Swindells

Alison Christy, MD PhD, Clinical Director of Providence Pediatric Neurology, joins the Swindells Resource Center for this 2 part series: Headaches in Kids: When to Worry, What to Do Factors that affect headaches, treating headaches, medications, when is a headache not a headache?

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

20

You are Brave! Supporting children who experience anxiety by Swindells

También en español. Join Jody Conrad, MS NCSP, School Psychologist with the SOESD as she shares: tips and resources to help identify and support children with anxiety; how to advocate for your child at school, and when to seek professional help.

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

24

SIBSHOPS: Sibling group for brothers and sisters, ages 8-13, of children with special developmental needs by Swindells

Siblings can share stories, give and receive support, as well as, have fun with children who have similar experiences.

10:30 - 11:30 a.m.
[REGISTER AT 503-215-2429](#)



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