




The Arc
of Buncombe County
MAKING THINGS BETTER
NEWSLETTER
 AUTUMN 2022 EDITION

IT'S FALL Y'ALL!

Hello everyone! The leaves have fallen and the temperatures are getting cooler as we welcome fall to western North Carolina – and we've a got a newsletter chock full of news for you! There's a lot going on as we approach the holiday season and there are some good programs in the area that we're excited to share with you. As always we thank you for your support - and if you have any news to share, please forward it on to Joyce Tweed at: joyce@arcofbc.org

Thank you for reading!

The Holidays Will Be Here Soon!

The Arc of Buncombe County's Operation Santa Program Needs Your Help



The Arc is in need of people to shop for those in need. We're asking for each of you to share this on your social media. We want to get it to as many people and groups as possible. Reaching out to your friends and family, any co-workers, social groups, book clubs, church groups, organizations in which you participate, in order to get as many people involved in this fun and charitable holiday giving event.

To become one of Santa's helpers for someone in need, **please contact either Joyce Tweed at the Arc office: joyce@arcofbc.org (828) 253-1255 OR Debbie Pressley at: pressley5050@gmail.com** – Either of them will get you everything you'll need, along with information for the individual you'll be holiday shopping for. If you can help shop for more than one, please let us know. We can provide you with as many names as you'd like!

And if you don't have the time during the busy holiday season to shop, gift cards from Ingles, Walmart and Target are always welcome, as well as cash donations. Let's all help to make those in need happy this holiday season!

Transportation Program Donate Your Car Today!

We have two families that are desperately in need of cars. They have family members who have intellectual and developmental disabilities and they need to get them to medical appointments, school, therapy, and for parents to have transportation for work.

They live in an area where there is no public transportation. We are hoping that you or someone you know may have a car that they would be willing to donate. You would be able to write it off as a tax deduction. **Please reach out to the Arc office – (828) 253-1255 or joyce@arcofbc.org – if you're able to help us.** It would mean the world to these two families in need! ***We are also in need of gas gift cards to support our transportation program.***



Much Love & Appreciation to Our Very Generous Grantors and Sponsors ~ And a Huge Thank You to Everyone that Joined Us and Supported Our Annual Fall Fundraiser!

The Arc
of Buncombe County

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ASHEVILLE Parks & Recreation  **Asheville Parks & Recreation Offer Programs for People with Intellectual & Developmental Disabilities**

There are lots of programs for our community available from Asheville Parks & Recreation - from cooking to crafts, games to aerobics, basketball to dancing and more! And parents, if you need a night out on your own, they also offer activities for your kids while you take a much needed break! **You can view the schedule here:** <https://tinyurl.com/yh5hysdx>
Or you can contact the Therapeutic Recreation Program at (828) 232-4529 for additional information.

SERVE: Supporting Enterprise Resources for Varied Entrepreneurs

Beth Weegar with The Arc of North Carolina and her husband, Ian Rudick are pleased to announce the creation of SERVE Equity Fund. This program is for interest-free loans to help individuals with Intellectual and Development Disabilities, who reside in western North Carolina, to start their own businesses. Ian has a background in vocational development for The Arc of Harrison County in West Virginia with supported and customized employment models. He has helped a variety of individuals successfully start their own businesses. **To learn more about how to benefit from the program visit:** <http://www.servequityfund.org> **To read a success story visit:** <http://www.servequityfund.org/success-story.html> **And to reach out to Ian directly you can call: 828-505-8175 or email: comefth@frontier.com**



St. Gerard House is grateful for the many opportunities to collaborate with the Arc of Buncombe County and appreciate their support of our programs, services, staff and constituents over the many years of working in this industry serving WNC together.

Arc Member, Dee Holmes, presents an award for St Gerard's service to western North Carolina. (from left): Pati Rodriguez Ibarra (Registered Behavior Technician Trainer), Callie Davis (Director of Development and Community Engagement), Dee Holmes, Tyler Martin (Chief Operating Officer), and Sophia Grecco (Board Certified Behavior Technician).

RHA Peer Living Room Offers Support



Having the understanding and guidance of someone who has “been there” before can be a tremendous help when building one’s own path towards recovery and wellness. The RHA Peer Living Room is a safe, comfortable, welcoming space where you can participate in activities that support your personal journey while engaging with and supporting others who are also working towards their recovery goals.

RHA Certified Peer Support Specialists (CPSS) support the Living Room’s operation and are available to talk with you individually and to lead classes for group support and information sharing. Participants practice respect for each person’s journey, participate in activities and learn more about community resources.

During one of your first visits to the Peer Living Room, you will tour the space, review an orientation packet with a Peer Support Specialist, and sign a participation agreement if you choose to use the Living Room and its resources. The Peer Living Room promotes safety, self-advocacy, and resiliency and supports you while you work towards your personal wellness goals. You may be interested in a class that offers evidence-based education, such as Wellness Recovery Action Plan®, Whole Health Resiliency, and many other structured programs. Our Peer Support Specialists can offer you hope through a willingness to share their personal stories and experiences with you.

To read more about this program, visit: <https://rhahealthservices.org/c3356-comprehensive-care-center/peer-living-room/>

Bloom Fitness ~ A Happy Gathering of Bloom Athletes!



People from the IDD community and others from the Asheville community joined together for a fun and inclusive event in Pack Square on the Green. Sponsored by Mission Health, those in attendance participated in some fun yoga lead by Emily Dancui-Groiso, followed by face painting and snow cones. More importantly, hearts were shared, friendships were made, and smiles were everywhere. Special thanks for to Bloom partners, AB Tech, Reach For Independence, and the Irene Wortham Center, for bringing out Bloom athletes and quality service providers, The Arc of Buncombe County, Liberty Corner, and The Arc of North Carolina for helping making this event a success. Can't wait 'til next year!

Are You Experiencing Financial Hardship and in Need Assistance? The Arc of Buncombe County may be able to help.

For more information, visit the Arc website to download a form to apply for assistance.

**Your Holiday Shopping Can Make a Difference!
Make The Arc of Buncombe County Your
AmazonSmile Charity of Choice!**



AmazonSmile Charity Lists makes it easy for you to shop and donate items directly to charities in need. **Use this dedicated link to make The Arc of Buncombe County your charity of choice:** <https://smile.amazon.com/ch/56-0856544> – AmazonSmile will then donate 0.5% of your eligible Charity List purchases to your selected charity at no extra cost to you. Add "Smile" items from the Arc of Buncombe County lists to your cart, and simply check out. **To learn more about**

Have a Story to Share?

We're always looking for content for our newsletter, so if you have a story that you think would be of interest to our readers, please let us know! Contact Joyce Tweed at: joyce@arcofbc.org or 828-253-1255

"Some of the most wonderful people are the ones who don't fit into boxes." ~ Tori Amos