COVID 19 Health Precautions
The Arc NW recommends following the Center for Disease Control’s (CDC) guidelines:

- Know how COVID 19 spreads:
  - From person to person who are in close contact with each other
  - Through respiratory droplets produced when an infected person coughs or sneezes.

Wash your hands:
- Wash often with soap and water for at least 20 seconds
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Avoid close contact with people who are sick
- Stay home if you are sick except to get medical care
- Cover coughs and sneezes with the inside of your elbow then wash your hands
- If you are sick wear a face mask to protect others
- If you are not sick you do not need a facemask unless caring for someone who is sick

Clean and disinfect surfaces in the home and workplace
(retrieved from www.cdc.gov/coronavirus)

More information is available at www.cdc.gov/coronavirus.
Also, please note the wonderful booklet written by, and for, people with intellectual and developmental disabilities put out by The Self-Advocacy Resource and Technical Assistance Center. You can read more at their website https://selfadvocacyinfo.org/. You may also get more information and guidance by calling your Supports Coordinator or calling Detroit Wayne Integrated Health Network at 313-344-9099 ext. 2501 or consult their website at www.dwihn.org.

You may also find information on our Facebook page www.facebook.com/ArcNWCounty or our website www.thearcnw.org.

We will make it through this together.
Dear Friends,

This is an unprecedented time as we all deal with staying healthy during the outbreak of the COVID 19 virus. The uncertainty can cause us fear and anxiety, but there are ways we can help ourselves and one another. When times are tough, we need each other. But right now, it’s recommended that we keep “social distance”. It’s times like this that give us opportunities to be creative and use our human ingenuity to support each other. I’ve seen orchestras posting concerts online. Newly released movies that can’t be shown in the theater are being released to view on TV. I know of a church that is holding evening prayers through Facebook to keep connections. The gift in this is that we can rise to the occasion and find amazing ways to be together that we never considered before!

At The Arc NW we recognize the importance of human contact and interaction. We are still here for you! Staff will continue to be in the office, as we’re able, to answer phone calls and emails. Even if we can’t meet face-to-face, we can still connect through our website, Facebook, Instagram, and our newsletter. Our dedicated staff will do everything we can to continue advocating and keeping our relationships going with all our members and families.

Times like this can cause a lot of anxiety. Please take care of yourself emotionally and spiritually. This may be a great time for families to dig out old board games to play together, or art supplies to create together. Make time to slow down, rest, pray, cook your favorite foods together, listen to music or watch a fun movie. We will all need some stress relief as we take needed precautions to stay healthy.

Please see creative changes being made with Arc NW programs listed throughout this newsletter. We will make it through this together.

In it with you!

Gretchen Sanewsky
Executive Director
Our biggest one yet!

Ball for All is our largest annual fundraiser. Not only did the 400-person event SELL OUT this year, but our supporters helped raise $69,400 before expenses. **Thank you for supporting The Arc NW and the work we do!**

Do you want to see event photos? Check them out on [Facebook](#) and [Instagram](#).

- Do you want to get more involved with The Arc NW? Email Wendy Ernzen at wernzen@thearcnw.org.

- Will you Join us next year? Save the date for **Saturday, February 27th and celebrate 60 Years of Service!**

And THANK YOU to our **AMAZING SPONSORS**!

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![DTE Foundation](#)

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**Volunteer Opportunity**

Are you interested in serving on the board of The Arc NW? We are currently in need of a Certified Public Accountant and someone with expertise in Human Resources to join our team. If you know of anyone who has these backgrounds, and has a passion for inclusion, please have them contact Gretchen Sanewsky (gsanewsky@thearcnw.org).
Volunteer of the Year
The Volunteer of the Year award is given to someone who has voluntarily (without pay or remuneration) assisted The Arc of Northwest Wayne County and its members. The volunteer may or may not be an Arc member.

Member of the Year
The Member of the Year award is given to a member of The Arc of Northwest Wayne County who exemplifies their membership through activities that support the organization. This award may be combined with the Volunteer of the Year award.

Achiever of the Year
The Achiever of the Year award goes to an individual with developmental disabilities who strives to be the best they can be. This is someone who has made significant achievements in their efforts to gain independence and control of their life. Arc membership is desired but not required for the award.

Teacher/Education Team of the Year
All children deserve the benefits from the opportunity to learn among their peers. This award is for a teacher or an educational team that has supported inclusive educational goals and/or experiences for students.
More people learn about Lekotek.

Our work with the Lekotek program continues to grow. Since we started the expansion in October, 196 individuals, local parents and employees of 69 community organizations, have joined our informational sessions.

A total of eleven new families have joined Lekotek, and 211 individuals have engaged in play sessions. Though we may modify some of our community plans given the COVID-19 concerns, our work with local families in need will continue.

Do you know a family, parent group, or school that would like to learn more about Lekotek? Please contact Lana Richardson at lrichardson@thearcnw.org.

Everyone Belongs reached over 400 students.

To celebrate Disabilities Awareness and Reading Month, The Arc NW created Everyone Belongs, a volunteer program where volunteers and students learn about inclusion. We launched the program on Friday, March 6th, visited 20 classrooms in six schools, left behind 40 books with teachers for classroom libraries, and read to more than 400 students!

Would you like to volunteer next year? Then please email Wendy Ernzen at wernzen@thearcnw.org.

With a broken heart, I must announce the annual Sport Program Bowling fundraiser of May 1st at Westland Bowl is also cancelled. I have not ruled out a smaller bowling fundraiser towards the end of August. Once the bowling alley reopens and life goes back to normal I will look into this with the owner of Westland Bowl and all the wonderful volunteers that have helped me with the bowling event.

Everyone please take care. Life is precious,
Janice Bearden
We are sorry to announce that we are CANCELLING the last 2 dances for this year.

- Chicken Dinner Dance, Fri. April 17, Canton High School, 6:30-9:00 and
- Ice cream Social, Fri. May 8, 6:30-9:00 p.m. Canton High School.

Millionaire/Texas Hold’em Fundraiser for April is cancelled due to COVID 19 social distancing.

Will you join us for The Arc NW Golf Outing?

For two decades, the Golf Outing has raised funds to support people with intellectual and developmental disabilities. This year, we have moved the outing from its May date to **Sunday, September 13** in response to COVID-19. Sign up early - last year's event SOLD OUT! Check out The Arc NW website to learn more at www.thearcnw.org.

Donations

Tom & Chris Lerchen
Rebecca Runyon
Christopher & Amy Fangboner
Phil & Florence Ernzen
John Elliott

OUTING details at www.thearcnw.org. Contact Wendy Ernzen at wernzen@thearcnw.org or 313.532-7915, ext. 208 for more info.

JUST FUN CLUB NEWS

We are sorry to announce that we are CANCELLING the last 2 dances for this year.

- Chicken Dinner Dance, Fri. April 17, Canton High School, 6:30-9:00 and
- Ice cream Social, Fri. May 8, 6:30-9:00 p.m. Canton High School.
### April 2020

**Northwest Wayne County**

**CHECK IT OUT!**

The Arc of Northwest Wayne County’s Web Site

[thearc nw.org](http://thearc nw.org)

### The Arc NW Board Meeting

Via Conference Call on Tuesday, April 14

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**FYI - The Arc US just shared this link for free internet service through Comcast.**


**Check Janice Bearden’s Sports News on pg 5 for all the latest information on events, trainings and cancellations.**

**Just Fun Club**

The remaining two dances on the Just Fun Club calendar **have been cancelled**. The dates are: Chicken Dinner Dance, Fri. April 17, Canton High School, 6:30-9:00 and Ice Cream Social, Fri. May 8, 6:30-9:00 p.m. Canton High Schools.

**All After I’m Gone** in-person sessions are cancelled. We are still doing the webinars.

**AIG**

“Supporting People in Decision Making” via Zoom webinar

2:00 - 4:00pm

Email info@thearcww.org

**BOWLING**

No Morning League bowling for April.

Guys & Dolls Afternoon Bowling - no bowling on 4/11.

Contact [jagallas@comcast.net](mailto:jagallas@comcast.net) or 248-318-8856) or OAK LANES regarding 4/18.
Membership Application

Member Name(s) ____________________________________________________________

Address ___________________________________________________________________

City ___________________________ State _________________________ ZIP_______________

Daytime Phone __________________________________________________________________

Email Address __________________________________________________________________

PHOTO DISCLAIMER: By joining The Arc NW I am agreeing to have my image used for printed and online marketing efforts.
Signature: ______________________

Membership Dues

O New Member
O Renewing Member

DONATIONS

O $25 Individual Membership
O $50 Family Membership
O $100 Organization
O $25
O $50
O $75
O $100
O $150
O $___ Other

Achieve with us!

Additional Membership Fees: $5 to join Just Fun Club
$15 to join Lekotek

An individual and his/her family or a group home with multiple residents. Includes additional membership fees for Just Fun Club and Lekotek.

Businesses, non-profits, community groups, or government entities that support people with disabilities.

Inside The Arc is also available online at thearcnw.org
Call 313-532-7915 to end your printed mailed newsletter.