



Northwest Wayne County

Inside The Arc

April 2020

We will make it through this together.

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.



The Arc
Northwest Wayne County
 26049 Five Mile Road
 Redford, MI 48239
 Phone: 313-532-7915 Fax: 313-532-7488
www.thearcnw.org

Next Board Meeting
 Via Conference Call April 14

2019 - 2020 Board of Directors

OFFICERS

- PRESIDENT** Kathy Pfuhrer
VICE PRESIDENT Greg Wittrock
SECRETARY Rana Ramouni
TREASURER Susan Gardynik
PAST PRESIDENT Jean Walsh

DIRECTORS

- | | |
|-----------------|--------------|
| Marianne Licari | Heidi Warren |
| Ryan Klotz | Bill Winkler |
| Roxanne Riggio | |

STAFF

- | | |
|--|-------------------|
| Executive Director: | Gretchen Sanewsky |
| Advocacy & Community Resource Director: | Chesley Giertz |
| Director of Development: | Wendy Erzen |
| Programs & Services Assistant: | Sandra Dobson |
| Advocate: | Bettie Cunningham |
| Lekotek Play Leader: | Lana Richardson |
| Lekotek Librarian: | Katie Perkins |
| Claims Processor: | Amy Pomicter |
| Accounts Payable Clerk | Diamond Watkins |
| Office Manager: | Latrice Wilborn |

Achieve with us.



From The Executive Director

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!**



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).

Arc NW Annual Member Meeting 2020

****DATE CHANGE****

DUE TO COVID 19 AND GOV. WHITMER'S
RECOMMENDATIONS

NEW MEETING DATE

Thursday, August 27, 2020

6:00pm - 8:30pm

\$17/person

Joy Manor 28999 Joy Road Westland, MI 48185-5523

Arc NW Annual Meeting

Award Nominations

Please submit nominations to Gretchen by phone call, email, or letter.
It's ideal to have something in writing to fully honor the recipients.

Nominations accepted through July 3, 2020

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.

Award Categories (4)

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.



The Arc Sports News

You're the BEST and CONGRATULATIONS
Lady Hot Shots - Lightning - Wolverine's teams
Congratulations to the Coaches
Jake Holloway – Lady Hot Shots
Jim Holloway – Lightning
Chris Schrot & Bob Klosowski – Wolverines

Who would have thought that ALL SPORTS even the Summer Olympics in Japan would be cancelled! This is something I hope the world never sees again. The Coronavirus is putting a new chapter in history and medical books and we were here to witness it.

Basketball came to an end on March 9th when word was received the State Basketball Tournament at Calvin University in Grand Rapids was cancelled. This was especially hard to hear for the 3 teams and the coaches that were planning on packing their bags to head to Calvin for the weekend of March 20th. The Wolverines – Division 3 and Lightning – Division 4 teams won the Gold Medals at Northville District Tournament March 7th which qualified them to advance to the State Special Olympic Basketball Tournament along with the Lady Hot Shot team. We will never know how this would have played out but in my mind all Three of these teams would have finished with the Gold Medal around their neck.

Swimming, Track & Field are suspended until May 15th per Special Olympics. NO practices, events, or fundraisers are to be held. All The Arc NW coaches have been notified of this information by way of the email I received from Area 23 Director, Sue Campbell. Here is part of her email:

The suspension has been extended through May 15 which means no practices, no events, no fundraisers and our Area 23 Spring Games are CANCELLED. The State Summer Games have not yet decided if they will happen or not but we should know in the near future. Please notify your athletes, coaches and families of this news. This is not what we want to hear but under these circumstances it is necessary to protect our athletes and families. That is the number 1 priority.

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

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.

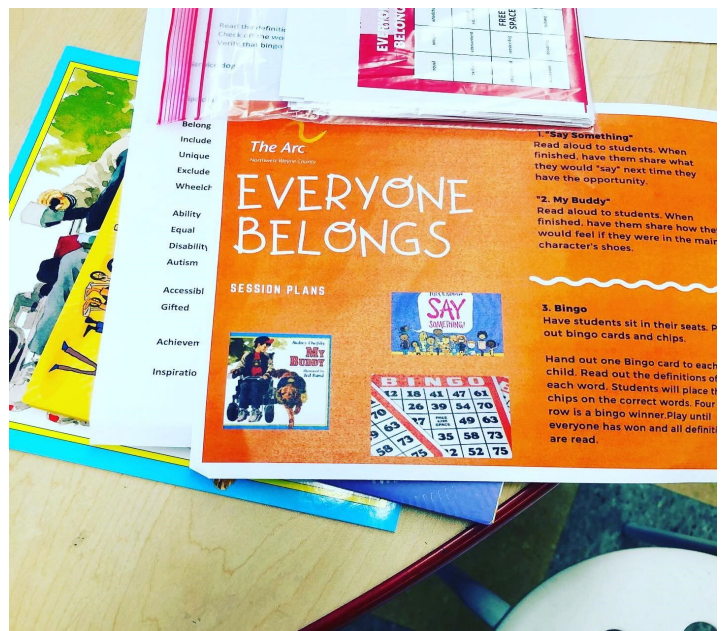
A total of eleven new families have joined Lekotek, and 211 individuals have engaged in play sessions. Though we may modify some of our community plans given the COVID-19 concerns, our work with local families in need will continue.

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





THE ARC NW 2020 GOLF OUTING

NEW DATE! Sunday, September 13
8:35AM Shotgun Start
Fox Creek Golf Course
36000 Seven Mile Rd. | Livonia, MI 48152

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

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.

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.

Donations

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

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



April 2020

The Arc NW Board Meeting
Via Conference Call on Tuesday, April 14

Sun Mon Tue Wed Thu Fri Sat

FYI - The Arc US just shared this link for free internet service through Comcast.
<https://corporate.comcast.com/covid-19>

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

12 13 14 15 16 17 18

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.

19 20 21 22 23 24 25

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@thearcnw.org



26 27 28 29 30

BOWLING
No Morning League bowling for April. Guys & Dolls Afternoon Bowling - no bowling on 4/11. Contact jagallas@comcast.net or 248-318-8856) or OAK LANES regarding 4/18.



CHECK IT OUT!
The Arc of Northwest Wayne County's Web Site
thearcnw.org

Friend us on Facebook
The Arc of Northwest Wayne County
 **Facebook**

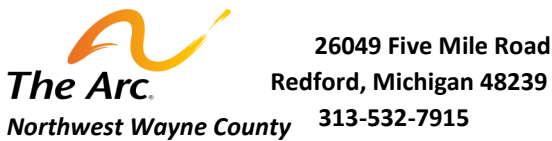
 **Instagram**



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Redford, MI 48239

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Each edition of this newsletter is prepared for mailing by volunteers .



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

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

- New Member
- Renewing Member
- \$25 Individual Membership** Additional Membership Fees: \$5 to join Just Fun Club \$15 to join Lekotek
- \$50 Family Membership** An individual and his/her family or a group home with multiple residents. Includes additional membership fees for Just Fun Club and Lekotek.
- DONATIONS** \$100
- \$25 \$150
- \$50 \$ ___ Other **\$100 Organization** Businesses, non-profits, community groups, or government entities that support people with disabilities.
- \$75

Achieve with us!