



# FRIENDS of The Arc

www.thearc.org

Advocacy self-determination quality of life inclusion independence dignity pride fulfillment productivity

## This Month

[Op-Ed from The Arc in SF Chronicle: "Better Off in Prison?"](#)

[Art Show at Sage](#)

[The Arc US Launches Autism NOW Resource](#)

[Parents in Partnership April Issue: "Respect"](#)

## Quick Links

[DO Truck Donation Pickup](#)

[More About The Arc Donors & Partners](#)

## Support The Arc

[Donate Online Ways To Give](#)

[Email To A Friend!](#)

## CALENDAR

### EVENTS

#### "Spring on Spring"

Art Show  
Through Saturday, April 30  
Sage Restaurant & Lounge  
1601 Howard St.  
SF, CA 94103 (at 12th St.)  
Info: Stacy Tager-Carls or  
Cassandra Baltaretu  
[stager@thearc.org](mailto:stager@thearc.org)  
[cbaltaretu@thearc.org](mailto:cbaltaretu@thearc.org)

#### LGBT Support Group

Tuesday, April 12 and 26  
3-4:00pm  
The Arc of San Francisco  
1500 Howard St. (@11th),  
SF, CA 94103  
Info: Lulu Haggerty  
[lhaggerty@thearc.org](mailto:lhaggerty@thearc.org)

#### "We Gotta Dance!"

Friday, April 15  
7:00-9:00pm  
The Arc of San Francisco  
Admission: \$1.00  
Info: Jacy Cohen  
[jcohen@thearc.org](mailto:jcohen@thearc.org)

#### The Arc Family Coalition Meeting

During "We Gotta Dance!"  
Friday, April 15  
7:30-9:00pm  
The Arc of San Francisco  
Info: Jackie Kenley  
[jksfo@pacbell.net](mailto:jksfo@pacbell.net)

#### Board of Directors Mtg.

Tuesday, April 26  
5:30-7:00pm  
The Arc of San Francisco  
Info: Elisabeth Clobucker  
[eclobucker@thearc.org](mailto:eclobucker@thearc.org)

#### March of Dimes

Saturday, April 30  
Meeting Time: 8:00am  
Starting Time: 9:00am  
Great Meadow at Fort Mason  
Info: Virginia Wan-Noguera  
[vwannoguera@thearc.org](mailto:vwannoguera@thearc.org)



The Resource for People with Developmental Disabilities

1500 Howard Street  
SF, CA 94103  
(415) 255-7200  
[www.thearc.org](http://www.thearc.org)

[Join our community on Facebook!](#)

All names used with express permission.

Dear Meredith,

In this month's *Friends*, we highlight a very special client, an exceptional volunteer and a reminder to support The Arc by doing a little Spring Cleaning that will bring more opportunities to people with disabilities. So clean house and get a warm heart at the same time. Call for a free donation pickup by our DO Trucks today.

Sincerely,

Laura

Laura Repke

Director of Development and Community Relations

## Meet Jamie: Our New Client of the Month

Hi, everybody. I'm Jamie Wong and I've been elected Client of the Month by the CAC (Client Advisory Committee). What do we do? Well, we tell people about disability rights and we try to get clients to fight for themselves.

People try and take advantage of us, like teasing and bullying on the bus or at City College, y'know? But you can tell the Miami driver or tell someone who's saying mean things to stop because it hurts your feelings.

For myself, I just ignore people like that; I have my own life. I work at Veolia Transportation—they have rides for people with disabilities. Terry Goodwin at The Arc helped me get the job and I've been there almost six years. I do data entry, filing, mailing... I answer the phone. My job coach helps me. Like sometimes if a customer calls with a complaint or they're upset, we talk about ways I can handle it.

Being on the CAC is new for me. I've never done anything like this before, but I'm glad I'm a member because it's really important to speak up.



Jamie encourages other clients of The Arc to be outspoken self-advocates.

## Volunteers Making a Difference

It's National Volunteer Week (April 10-16) and we're giving a shout-out to all the volunteers who make our work possible. Individuals like Megan Petrich, for example.

Megan co-founded PULSE, a group of young volunteers who hold social events to raise funds and awareness for The Arc. Says Megan, "My uncle Jim is a person with autism. Life for him was scary and stressful, but The Arc gave him the tools

he needs to navigate the world on his own. That's what made me want to do more to support them. It's been a great learning opportunity, spending time with other clients and hearing their stories. I think my time as a PULSE volunteer has taught me the importance of embracing abilities and not allowing limitations to hold us back."

In addition to celebrating our volunteers this month, we're also turning the spotlight on National Autism Awareness Month. Estimates predict in the next 15 years, 500,000 children will graduate out of US high schools, in dire need of resources like The Arc. So support our volunteers, support The Arc and support our clients in whatever way you can!



Megan (l) and her uncle Jim (r) at The Arc's monthly We Gotta Dance! event for clients and friends.

## It's Time to Clean Out Your Closets



Are you in danger of getting injured when you open your closet door? If so, it's time for Spring Cleaning.

### DONATE OPPORTUNITIES

Your reusable donations mean more opportunities for our clients.

Our "DO Trucks" pick up at your curb for free!

We especially need gently used clothing and shoes.

Other items, too. (See our list at [thearc.org](http://thearc.org))

Call (415) 626-5710 today for your free curbside pickup.

Our mission is to serve people with intellectual and developmental disabilities by promoting self-determination, dignity and quality of life.

Our vision is to create a community where disability is a distinction without a difference.

We welcome and encourage your feedback! Send email to Meredith Manning, Marketing and Community Relations Manager, at [mmanning@thearc.org](mailto:mmanning@thearc.org).