



FRIENDS of The Arc

www.thearc.org

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

This Month

[MEET OUR NEW CLIENT OF THE MONTH!](#)

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CALENDAR

"Hues & Views" Art Show

Thurs Jan 27
Kaleidoscope Gallery
3109 24th St. (at Folsom)
SF, CA 94110
Info: Cassandra Baltaretu
cbaltaretu@thearc.org

The 70's Show

Performance & Dance
Tues Feb 8
10:30-11:30am
The Arc of San Francisco
1500 Howard St.
SF, CA 94103
Info: Lulu Haggerty
lhaggerty@thearc.org

People First Meeting

Fri Feb 11
3:30-5:00pm
The Arc of San Francisco
Info: Shelley McHugh
smcugh@thearc.org

Client Advisory Committee Meeting

Thurs Feb 17
10:30am-12:00pm
The Arc of San Francisco
Info: Brett Miller
bmiller@thearc.org

Let's Dance!

Sponsored by Improving Transition Outcomes Project (ITOP) & The Arc (Dance: Ages 14-24+ years welcome)
Parents & Caregivers: Join our meeting!
Fri Feb 11
6:00-8:00pm
Admission: \$1
The Arc of San Francisco
Info: Hannah Yanow
hyanow@thearc.org
"Under 18 must be accompanied by parent or caregiver"

We Gotta Dance!

(All ages welcome)
Fri Feb 18; Fri Mar 18
7:00-9:00pm
Admission: \$1
The Arc of San Francisco
Info: Jacy Cohen
jcohen@thearc.org

Board Meeting

Tue Feb 22; Tue Mar 22
5:30-7:00pm
The Arc of San Francisco
Info: Elizabeth Clobucker
eclobucker@thearc.org

Lone Star Beer Rust Art Show and Benefit

Sun Feb 27
4pm-8pm
The Lone Star Saloon
1354 Harrison St.
SF, CA 94103
(Show runs 2/21-2/28)
Info: Cassandra Baltaretu
cbaltaretu@thearc.org

The Arc
OF SAN FRANCISCO

The Resource for People with Developmental Disabilities

1500 Howard Street
SF, CA 94103
(415) 255-7200
www.thearc.org



Join our community on Facebook

Dear Meredith,

Happy New Year! We're only a little ways into 2011, but our clients are more active than ever in the community. In the classroom, as volunteers and in the workforce, people with intellectual and developmental disabilities are making their mark. Enjoy our update, and thank you for your ongoing interest and generosity—your [support](#) has the power to change lives.

Warm regards,

Laura

Laura Repke
Director of Development and Community Relations

Hues and Views Art Show & Sale: Live Music & Treats TONIGHT



Presenting Hues and Views featuring Artists from The Arc

When: TONIGHT! Thurs, Jan. 27, 2011 6-9 PM
Where: Kaleidoscope Gallery
Address: 3109 24th Street (at Folsom)
San Francisco, CA 94110
Kaleidoscopefreezone.com

Join us for our art show and sale, live music and appetizers.

Artists receive 50% of proceeds from the sale of their work and the remainder supports The Arc's art programs.

Meet our artists and see their work online at www.thearc.org/art

Megan Can Do It! Client Ups Her Game as a Volunteer

"My client Megan has always wanted to work in an office, and through her volunteer experience with the [Arthritis Foundation](#), she may soon get her wish.

Megan helps with fulfilling requests for information about the foundation. Our goal is to improve her computer skills and help her feel more comfortable in a busy office environment.

She uses an automated program to input data, but she and the other volunteers found it difficult to work with. Because Megan works best with step-by-step instructions, I thought she'd be the perfect person to help develop an easy-to-use "how to" manual. So that's what we did!

Today, foundation Volunteer Coordinator Beth Miller has a new manual that everyone likes. Megan is able to work more independently and accurately, her keyboard skills are improving and her confidence continues to grow.

This [VIDEO](#) captures her determination to adapt to the demands of a busy workplace. As you can see, she's well on her way to realizing her dream of becoming a valued, paid office employee."

-Marlene Sanchez
Direct Support Professional
[WATCH VIDEO](#)



Megan is improving her office and computer skills as a volunteer at the Arthritis Foundation.

Thank You to our Wish List Donors!

The Arc of San Francisco would like to thank all of you who donated holiday gifts to our clients in need.

Your spirit of giving made the holidays brighter, with many client wishes fulfilled by our special donors.

[\(SEE LIST\)](#)

Visit us at www.thearc.org



Sharon enjoys her new fleece pullover—a gift from a donor.

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