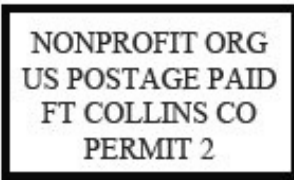




1721 W. Harmony Road, Unit 101
Fort Collins, CO 80526
970.204.6991

www.arclc.org



Change Service Requested



The Arc of Larimer County NEWSLETTER

1721 W. Harmony Road, Unit 101
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December 2020



Thank you for helping extend our reach!

We can't do this work without your help and support!

Because of you, hundreds of people have received countless hours of free advocacy services this year. Thank you for your generosity throughout the year and for continuing to believe in the important work that we do in the community. For 2021, we strive to reach even more people and you can help. As 2020 ends please consider donating to The Arc of Larimer County. Your donations support the continued efforts to protect the civil rights of individuals with intellectual and developmental disabilities. Visit our website arclc.org/donate today!

2020 BY THE NUMBERS

- Over **2,000** Advocacy Hours Provided
- **\$0.00** - what families paid for our services
- Over **500** people served
- Over **25** weekly self-advocate zoom chats
- Over **12** virtual events held
- **7** Staff Members & **2** Interns



UPCOMING EVENTS

Weekly Zoom Chat

For Adults Living with Intellectual and Developmental Disabilities
Every Thursday
10am - 11am
Learn more at arclc.org/events

Virtual Walk-in Hours

Call 970-204-6991 x20 to be connected with the advocate on the schedule.
Every Wednesday
9am - 10am
Learn more at arclc.org/events

Staff Off for Observance of Holidays

December 24th - January 3rd

Did you know?

The Arc of Larimer County, along with other chapters of The Arc in Colorado, receives funding from arc Thrift Stores. By shopping at or donating to arc Thrift Stores, you're helping us provide non-attorney advocates at no cost.



Help expand our reach next year!

Visit arclc.org/donate

Letter from Patrick Hackney, JD

Executive Director, The Arc of Larimer County

To describe 2020 as an unusual year would be a vast understatement. It seems at every turn, we have been hit with one significant event after another; a pandemic with school closings, calls for social justice and equality, and wildfires.

I wrote earlier this year that I remain hopeful and that is still true with me. I am hopeful because The Arc of Larimer County staff continue to advocate for people with intellectual and developmental disabilities (I/DD).

We have advocated for individuals, hosted workshops, and looked at broad issues affecting the people we serve.

We have also developed a strategic plan that allows us to continue our work even if we can't always do that work face to face.

As I look to 2021, I am even more hopeful. While it may be a few months into 2021, I am hopeful that we will be able to return to in-person meetings and events. We have already begun planning some exciting virtual and in-person events for 2021. These events will give our community an opportunity to learn how to stand up for people with I/DD and a chance to be together in person again.

Stay tuned!



Holiday Tips

for Children with Sensory Needs

The most wonderful time of the year can easily become the most overwhelming time for children with sensory sensitivities. With bright lights, loud music, and different activities, it's not uncommon for the holidays to create sensory overload, leading to meltdowns and challenging behaviors.

Autism Home Support Service's team of Board Certified Behavior Analysts put together tips for families to support their children's sensory needs through the holidays.

- Prepare your child for an outing or event before going. If your child is anxious about new experiences, show pictures, so they know what to expect.
- Noise-canceling headphones can help cancel loud music.
- Pack calming toys or fidgets ahead for something to keep their hands occupied; it can be helpful if your child has access to these highly preferred items before the outing.
- Bring along favorite food items for picky eaters. However, if your child is interested in what is served, let them participate – it could be a great opportunity to introduce new foods!
- Allow your child to have calming breaks for short periods in another room, hall, or outside.
- For any smell sensitivities, bring along lotion or lip balm to provide a familiar scent.

Remember, the holidays can be overwhelming for anyone. Lean on your team – including your therapy team – for coaching and support. Your ABA team can provide suggestions and advice specific to your child's needs. Praise and rewards are great reinforcement - you are not spoiling your child when you celebrate their accomplishments!

Autism Home Support Services provides quality, effective ABA services to children and families throughout Colorado, including Greeley, Loveland, and Fort Collins. Call us today for more information: 844-247-7222.



Sponsored post

2021 Film Festival Contest

Be Funny, Serious, or Creative to Win the \$500 Prize

The Arc of Larimer County is looking for short films about people with intellectual and developmental disabilities from Larimer County and Colorado.

The winning submission will be shown with special honors at The Arc of Larimer County's 9th Annual Film Festival in 2021.

Guidelines:

- Films should be approximately 2-10 minutes in length
- All films must be submitted by March 31st, 2021

Learn more at arclc.org/film



Have Questions? Visit Us During

Virtual Walk-In Hours

We offer free virtual walk-in hours every Wednesday from 9am - 10am. Have a question for an advocate? Call to be connected to the advocate on schedule.

Don't want to wait for walk-in hours? You can complete an advocacy request form right now at arclc.org/advocacy.

Virtual Walk-In Hours
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