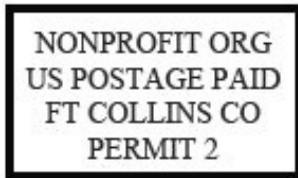




1721 W. Harmony Road, Unit  
101  
Fort Collins, CO 80526  
970.204.6991

[www.arclc.org](http://www.arclc.org)



Change Service Requested



# The Arc of Larimer County NEWSLETTER

1721 W. Harmony Road, Unit  
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March 2021



## Reach Out Reach Up

A New Program - Launched March 1st, 2021

To promote social connections during social distancing, The Arc of Larimer County launched a new program on March 1st.

Named "Reach Out Reach Up," the program will connect volunteers with adults with an intellectual/developmental disability (I/DD).

Matched based on shared interests and availability, they will share weekly zoom check-ins so that everyone can stay socially connected during social distancing.

Jessica Shouse, Director of Advocacy at The Arc of Larimer County explains, "A survey we conducted showed that 60% of people living with I/DD in our community

were experiencing an increase in social isolation as a result [of the pandemic]."

Volunteers and program participants can still apply. After applications are received, they will be reviewed by staff and matched as appropriate.

"We are hopeful some of the connections will develop into lifelong friendships," said Shouse. All volunteers will have a background check and attend orientation. The program is currently limited to residents of Larimer County. Learn more about the program at [www.arclc.org/reach](http://www.arclc.org/reach)



## UPCOMING EVENTS

### Free Virtual Workshop: IEP 101

Thursday, April 15th, 10am - Noon  
[www.arclc.org/events](http://www.arclc.org/events)

### Virtual Annual Meeting

Thursday, April 22nd, 6:30pm  
[www.arclc.org/AnnualMeeting](http://www.arclc.org/AnnualMeeting)

### The Arc of Larimer County's Film Festival

Thursday, May 20th, Box Office Opens: 7pm,  
Program: 8:30pm - 10pm  
Holiday Twin Drive-In,  
2206 S Overland Trail, Fort Collins  
Tickets are very limited and must be purchased in advance  
[www.arclc.org/Film](http://www.arclc.org/Film)

### Staff Off for Memorial Day

Monday, May 31st

### Free Workshop: Guardianship and Less Restrictive Options

Tuesday, June 22nd, 6:00pm - 8:00pm  
We are monitoring COVID-19 in our community. As a result, the location of this workshop is to be decided.  
[www.arclc.org/events](http://www.arclc.org/events)

### Weekly Zoom Chat

For Adults Living with Intellectual and Developmental Disabilities  
Every Thursday, 10am - 11am  
Learn more at [arclc.org/events](http://arclc.org/events)

### Virtual Walk-in Hours

Call 970-204-6991 x20 to be connected with the advocate on call.  
Every Wednesday, 9am - 10am  
Learn more at [arclc.org/events](http://arclc.org/events)

## Follow Us on Social Media

See important announcements, learn about upcoming workshops, and more!



Facebook - @arclarimer



Twitter - @Arc\_LC



Instagram - @thearc\_lc

# The Arc of Larimer County's Film Festival

Featuring Independent Short Films that ReFrame Disability and Challenge Stereotypes

May 20th • 8:30pm  
Holiday Twin Drive-In  
Tickets on Sale April 5th - [arclc.org/film](https://arclc.org/film)

Sponsorships Available - Contact [lmckerr@arclc.org](mailto:lmckerr@arclc.org)

## FILM FESTIVAL CONTEST: SEE YOUR FILM AT THE HOLIDAY TWIN DRIVE-IN

The Arc of Larimer County is looking for short films that dispel stereotypes about people with intellectual and developmental disabilities. The winning submission will be shown with special honors at The Arc of Larimer County's Film Festival on May 20th at the Holiday Twin Drive-In

### Guidelines:

- Films should be approximately 2-10 minutes in length
- All films must be submitted by April 26th, 2021
- For a full copy of contest rules, more information, or to submit a film, please contact [filmfestival@arclc.org](mailto:filmfestival@arclc.org)
- To view samples of films previously shown, please visit [www.arclc.org/film](https://www.arclc.org/film)

## Outdoor Larimer

Connecting people with intellectual and developmental disabilities to accessible outdoor amenities

The Arc of Larimer County is excited to announce the kickoff of our new outdoor recreation program this Spring.

There is growing research confirming the benefits of spending time in nature. These benefits can include:

- Decreased anxiety
- Increased immunity
- Increased happiness
- Improved memory
- Increased creativity

A few members of our team have experienced these benefits for themselves.

We are looking forward to offering accessible and inclusive ways to experience the benefits of nature. You don't have to go far to connect with nature. In Larimer County, many of us have access to trails, parks and open spaces within just a couple of miles of our homes.

As part of the program, we hope to offer:

- Blog posts covering accessible trails
- Virtual scavenger hunts
- Photo contests
- Small group hikes and camping trips (when safe to do so).
- Gear loaner closet

Stay tuned for more info at [arclc.org/outdoor](https://arclc.org/outdoor)

Register Now for Our

## Virtual Annual Meeting



Thursday, April 22nd



6:30pm - 8pm



[arclc.org/AnnualMeeting](https://arclc.org/AnnualMeeting)

2020 was a year of adaptation and change. Join us for our Virtual Annual Meeting. We'll talk about what we worked on in 2020 and cover what we'll be working on next. It's free to attend, but registration is required.

### Highlights from 2020:



Provided 3,095 hours of individual advocacy at no cost



Valued at \$232,125\*  
\*based on market rates for non-attorney advocates



Increased advocacy hours provided by about 24% compared to 2019.



Switched to providing advocacy virtually due to the pandemic.