



LEISURE TIMES

Spring-Summer 2011 Program Guide

fun



fitness



friends



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Welcome new Leisure
Team members,
Jessica & Eric!

Read more about
them on Page 2!



Spring/Summer 2011
Leisure Registration
Deadline:

April 8, 2011



www.slarc.org

314-569-2211

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St. Louis, MO 63132

Leisure News



New Faces in the Leisure Services Department

Jessica Naslund and Eric Enger are the two new players on the Leisure team. Jessica was hired as the new Leisure Support Manager in October, and Eric was hired in November as a Coordinator of Leisure Services.

Jessica graduated in 2010 with a Master's degree in Social Work from the University of Missouri St. Louis. She holds a Bachelor's degree in Psychology and Political Science from Westminster College. She will be assisting and implementing activities in the R&R weekend camping project during the fall, winter and spring. She will then oversee the Teens in Motion project throughout the summer. Her lifetime goal is to be a relationship therapist, and she is heavily involved in the planning of our new Safe Circle workshops. Jessica is also a proud first time mommy. In December 2010, she had a baby girl named Lyla Jean.

Eric has been with the St. Louis Arc for the past 5 years as a Direct Support Professional in the Community Integration program. He brings a plethora of experience and passion to his job. He will be coordinating the R&R weekend camping project, Softball and Golf.



Eric graduated from Webster University in 2005 with a Bachelor's degree in Audio Production. Eric is a musician and a recording engineer, developing a new passion along the way when he joined St. Louis Arc. In addition to his Leisure duties, Eric teaches Rights Training to new employees and is a member of the Social Justice Committee. He also participated as a scribe in the Arc's first Life Stories session — a program in which a small group of people who receive Arc services dictated their personal histories to staff members who compiled them in book form. Also, it's no secret that he appreciates a good episode of Matlock and a fresh package of Twizzlers. We are very pleased and excited to have them in the department. Both bring compassion, energy and creativity to everyone. Please stop by the new St. Louis Arc Centene Family Center and welcome them.

Arc Participants Shine at Diamond Ball



Glitz and glamour took center stage on October 9, 2010 as guests arrived at the St. Louis Arc Centene Family Center for the agency's 60th Anniversary celebration — the Diamond Ball. Dressed to the nines, more than 100 Arc residents and program participants strolled down the "Walk of Fame" to the dance floor and lounge areas where beautiful decorations and delicious appetizers awaited.

Photographer and Arc employee Robert Lindroth ran the photo booth, snapping candid and formal shots of guests with their friends and dates while DJ Lauren Robb, an Arc employee, kept the dance floor rocking. The many volunteers, including some from the Junior League and St. Louis University's Alpha Phi Omega service fraternity, made sure appetizers and beverages flowed all night. At the conclusion of the event, guests were invited to take home their own personalized "Walk of Fame" star. All in all, the guests left with many happy memories that will hopefully last another 60 years.



Sports & Fitness

Fitness In Motion-Walking Club

Get moving with the St. Louis Arc! Come join us for walks at your local parks. Walking is a great way to exercise, stay healthy, socialize and support your community. You can choose to participate in the 10 week session for the chance to experience all three parks, or you can choose one park that you would like to experience and join us for the three weeks we will be there. The St. Louis Arc will provide pedometers every week to track your miles. We will accommodate the novice as well as the fast paced walker. Family members and friends are encouraged to register as well. For more information, please contact Georgi Ramsey at 314-817-2249 or gramsey@slarc.org.

Dates: Thursdays, May 5 - July 7, 2011

Time: 6:30 - 8:00 p.m.

Ages: 13 years and older

Fee: \$50 per person (10 week session - all 3 parks)
\$30 per person (3 week session - 1 park)

Locations: McDonnell Park: May 5 - May 19
Longview Park: May 26 - June 9
Watson Trail Park: June 16 - June 30
Mystery Park (group choice): July 7

Golf

Perfect your swing, practice your putting or test your driving distance from the tee! All skill levels welcome. A professional instructor will assist you to learn proper techniques to enjoy the game of golf. For more information, please contact Eric Enger at 314-817-2233 or eenger@slarc.org.

Dates: Tuesdays, May 3 - August 2, 2011

Time: 6:30 - 8:30 p.m.

Ages: 18 years and older

Fee: \$35 per person + \$7 weekly ball fee

Location: Paradise Valley Golf Club
Near I-44 & Hwy. 141
Fenton, Missouri



Softball

Get your ball gloves ready and join the fun as you play in the St. Louis Arc softball league! There is a team near you. No experience is necessary. All athletes must be 18 years or older. For more information, please contact Eric Enger at 314-817-2233 or eenger@slarc.org.

Bobcats	Hellebusch Park	Bridgeton
Bombers	Brinkop Park	Shrewsbury
Cardinals	Kirkwood City Park	Kirkwood
Cougars	Ohlendorf Park	South County
Jammers	Howdershell Park	Hazelwood
Tigers	Wilmore Park	St. Louis City
Vipers	To be determined	Southwest County

Dates: Wednesdays, May 4 - August 3, 2011

Time: 6:30 - 8:30 p.m.

Ages: 18 years and older

Fee: \$50 per person

Creativity

The Artist In You!

Explore your hidden artistic talents! Join our exciting painting class which will offer you the basic skills in drawing, sketching, painting and provide you with color theory and mixing techniques. You will walk away with your very own creative art design! A special art exhibit will be held at the end of the session to display your artwork. For more information, please contact Sonja Preston at 314-817-2227 or spreston@slarc.org.

Dates: Session I: Mondays, May 9-June 20, 2011
(no program May 30)

Session II: Mondays, July 11-August 15, 2011

Time: 6:30 - 8:30 p.m.

Ages: 16 and older

Fee: \$75 per person (includes supply fees)

Location: Turner Center for the Arts, Maplewood

Community Connections



Cultural Happenings

Come and experience many of St. Louis' exciting events and attractions while hanging out with friends! Cultural Happenings offers the chance to socialize with peers, make new friends, practice decision-making skills and experience independence. We also offer small group volunteer opportunities.

Each quarter, all participants receive a calendar full of new and exciting events from which to choose. If you are new to Arc programs and are interested in Cultural Happenings, please register on the enclosed form to begin receiving the quarterly calendar. For more information, please contact Georgi Ramsey at 314-817-2249 or gramsey@slarc.org.

Dates: September 2010 - August 2011

Times: Times Vary

Ages: 18 years and older

Fee: varies, depending on event

Location: Pick-up locations vary with event. Directions to pick-up sites are listed in quarterly calendar.

Rec Connect

Get involved and **Rec Connect-ed** in your community through volunteering or participating in leisure activities. Rec Connect offers this and more:

- Commitment and Teamwork
- Develop new job skills and career contacts
- Meet new people and make friends
- Locate and utilize resources in the community
- Build confidence and self-esteem
- Create a pictorial portfolio & professional resume

Our staff will support you as you gain skills to achieve your goals of being more active in your community. For more information, please contact Sonja Preston at 314-817-2227 or spreston@slarc.org.

Dates: September 2010 - August 2011

Times: Times Vary (3-6 hours per week)

Ages: 18 years and older

Fee: \$5.00 per hour

Teens in Motion

Teens In Motion, an adventurous and exciting summer project for young adults with developmental disabilities, will offer a variety of options for participants to be involved in. Each day, participants will choose from opportunities which could include: volunteering in the community, going to the Science Center, Meet Me at the Mills Day, Jumping at Sky Zone, Animal Adventures at the Zoo or Splish Splash Bash at a local water park. In addition, participants will choose from on-site educational and informative presentations which may include: creative expression, computer technology, resume building, drumming, drama and theater.

For more information, please contact Jessica Naslund at 314-817-2250 or jnaslund@slarc.org.

Dates: Monday-Friday, June 6 - July 29, 2011

Time: 9:00 a.m. - 4:00 p.m.

Ages: 13-15 (up to age 20 will be considered)

Fee: \$900 per person

Locations: St. Louis Arc Centene Family Center, Kirkwood Community Center, West Location - TBD

Neighborhood Experiences

Walmart  The Neighborhood Experiences Project provides young adults ages 16 to 20, who have developmental disabilities, with the support needed to take advantage of opportunities in their own community. Participants engage in volunteer and work experiences that help them achieve personal and career goals.

At the end of the summer, individuals works with their staff partners to create a professional portfolio and resume showcasing their accomplishments. For more information, please contact Bre Ward at 314-817-2226 or bward@slarc.org.

Dates: Monday-Friday, June 6 - July 29, 2011

Times: 9:00 a.m. - 4:00 p.m.

Ages: 16-20

Fee: \$900 per person

Location: To be determined by individual's volunteer and work interests



Cultural Happenings and Rec Connect are funded by the Productive Living Board of St. Louis County. You must meet the following requirements to participate in these programs: Live in your natural home or PLB-funded ISLA residence receiving less than 10 hours of staff support a week; have proof of developmental disability; and live in St. Louis County. Service priority is given to individuals without Medicaid Waiver Funding. If you have questions concerning eligibility requirements or would like to discuss private pay options, please call Rhonda Hembree at 314-817-2245.



General Information

Registration

- Completely fill out both sides of the enclosed registration form. **Program fee(s) and the Annual Registration fee (if due) must accompany your registration.**
- Please call **314-817-2270** if you have any questions about the due date of your Annual Registration Fee.
- Programs are filled on a first-come, first-served basis. Only paid registrants will be accepted. Confirmation is sent before programs begin.

Additional Information

- Rules of acceptance and participation in our programs are the same for everyone, without regard to race, color, national origin, age or ability.
- If you need accommodations to participate fully, please indicate this on the registration form.
- The participant acknowledges that she/he is in good health and able to participate in all activities of the program.
- The St. Louis Arc reserves the right to cancel programs.
- Participants are responsible for any medical expenses incurred during recreation/leisure programs.
- Participants and spectators are expected to be respectful of themselves and others. Violence and abusive language or behaviors will not be tolerated. A participant or spectator may be excluded at any time during the program by the Leisure Services Staff, if it is judged that the participant or spectator has hampered the safety, welfare or enjoyment of other participants.

Fee Assistance

If you need scholarship assistance with program fees, please call Rhonda Hembree at **314-817-2245** prior to registering for program.

Weather Cancellation Procedures

- In the event of inclement weather, the Leisure Services Department will make decisions concerning program status **2 hours prior to program starting time.**
- Weather cancellations may include programs cancelled due to a heat index of 95° or above or when temperatures dip below 10° for an extended period of time.
- **Participants, families and volunteers should call the RECREATION HOTLINE at 314-817-2244, or view our website, www.slarc.org, to check the status of the program.**

Refund Policy

Cancellation by the participant must be made two weeks prior to the start of program to receive full refund. No refunds will be made after that time.



**SPRING/SUMMER 2011 LEISURE
REGISTRATION
DEADLINE IS APRIL 8, 2011**



St. Louis Arc Information

CONTACT INFORMATION

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Arc TTY
314-569-2021
MO TTY Relay:
1-800-735-2966

Upcoming Events

Camp Warson • March 21-25, 2011

A fun-filled, indoor camp designed for people with developmental disabilities who are ages 13 and older. Camp will take place from 9:00 a.m. to 3:00 p.m. each day with an optional extended program until 5:00 p.m. For more information, please visit www.slarc.org or contact Lisa Miller at llmiller@slarc.org or 314-817-2235.

Family Workshop Series

Informational sessions on a variety of topics. To register, please visit www.slarc.org or contact Kendra Henry at khenry@slarc.org or 314-817-2221.

March 24, 2011 - 6:30-8:30 p.m. • Relationship Development Intervention

April 6, 2011 - 6:30-8:30 p.m. • Music Therapy

April 13, 2011 - 6:30-8:00 p.m. • After High School: College Supports

April 14, 2011 - 6:30-8:30 p.m. • Planning Ahead - Estate Planning

April 28, 2011 - 6:30-8:30 p.m. • Beyond Picky Eating

May 3, 2011 - 6:30-8:00 p.m. • Transitioning from First Steps to DMH-Regional Office

Networking Socials & Support Groups

In addition to our Transition Families and Youth Siblings groups, we are excited to be adding two new family networking groups - for fathers and for adult siblings of people with developmental disabilities. For more information about any of these groups, please contact Sharon Spurlock at sspurlock@slarc.org or 314-817-2222.

Employment/Volunteer Opportunities

Are you fun and energetic? Do you have a passion for people? If your answer is yes, then this job is for you! We're looking for people ages 18 years and older who are interested in supporting young adults (ages 13-20) who have developmental disabilities. Activities take place Monday-Friday, June 6 - July 29, 2011 from 9:00 a.m.-4:00 p.m. at multiple locations throughout St. Louis. Applicants must have a vehicle and be willing to transport participants. Pay is based on experience. Though not required, experience working with individuals with disabilities is preferred. If interested, please contact Bre Ward at bward@slarc.org or 314-817-2226.

VIP Funders

The St. Louis Arc services are funded in part by the fees you pay and by the United Way of Greater St. Louis, the Productive Living Board for St. Louis County Citizens with Developmental Disabilities, Variety, The Children's Charity and private donations.

