Would you like to learn how to express your commitment to the goals of The Arc of Fort Bend County? You could do this through a planned gift. Once you have provided for loved ones in your will, you may want to include a gift of money, stock or property to The Arc. Your gift will be a lasting tribute to your concern for the advocacy, services and programs The Arc provides, while guaranteeing our long-term future.

Did you know that annually, individuals 70.5 and older can transfer up to $100,000 as a Qualified Charitable Distribution (QCD) from their traditional IRA* to a qualified charity such as The Arc of Fort Bend County?

For more information, please contact:

Laura LaVigne,
llavigne@arcoffortbend.org
281-494-5923.

To reserve your table or sponsorships, please contact Cheryl Olivier
281/494-5959, adminassistant@arcoffortbend.org.
Best in the West is fast approaching and we need a few auction items. Below is our **Wish List**!

- Vacation Homes, Time Share Weeks
- Travel vouchers, airline tickets
- Sporting event tickets: Astros, Texans, Rockets, Dynamo, U Of H, A&M, UT, LSU, Rice, Baylor
- Golf Outings
- Gift Cards or certificates for fine dining that are good for 2 to 4 people.
- Movie, ballet, symphony, opera, concert, or theatre tickets
- Hunting or fishing trips
- Services: haircut, make-up, manicure/pedicure, home decorating, photography, house cleaning, dental, fitness, spa, and gym memberships, car wash & details, oil changes
- Jewelry, handbags, fashion accessories
- Sports memorabilia
- Houston Livestock Show & Rodeo & Bar-B-Que Cookoff tickets
- Hotel stays - Bed and Breakfast - Austin, San Antonio, New Orleans, Dallas, etc.
- Casino getaways
- Wineries, breweries
- Assorted themed gift baskets
- Any other ideas?

If you would like to donate or think you can help with any of these items, please call Cheryl Olivier at The Arc's office at 281/494-5959 or email at adminassistant@arcoffortbend.org.
Sports Awards Banquet and Dance

Sunday, July 23, 2023
Safari Texas
11:30 a.m. – 2:00 p.m.
Watch for your personal invitation!
This Event is by Invitation Only!
We are very excited to announce that The Arc has recently partnered with CARS (Charitable Adult Rides & Services) to run our vehicle donation program. We accept cars, trucks, motorcycles, ATVs, motorhomes, trailers, boats & many more.

Watch the video below for more information. Click on the car picture!
ONLINE VEHICLE DONATION FORM AND MORE INFORMATION ARE AVAILABLE HERE. Remember to select The Arc of Fort Bend as the participating chapter you'd like to donate to!

Virtual Teen/Tween Social - Summer!
The Arc of Fort Bend County
Friday, July 7, 2023 6 - 7 pm
&
Friday, August 4, 2023 6 - 7 pm

Beat the heat this summer and join us for Virtual Teen/Tween Social!

Teen/Tween Social is a fun social event with activities for Fort Bend County teens with intellectual or developmental disabilities who are 11-18 years of age.
Connect with old friends & make new ones!
Join us to socialize, play games & enjoy group activities!
Friday, July 7, 2023 6 - 7 pm
&
Friday, August 4, 2023 6 - 7 pm
Space is limited to keep the event sensory-friendly.
Space is limited to 15 Teens and 10 Volunteers. Sign up today!

Special Olympics Athlete Ambassadors Attended Golf Classic 2023 and wished all of the teams Good Luck!

Remember The Arc when shopping for this 4th of July holiday! Take a look at a few ways you can help The Arc by visiting:
Ways you can support The Arc!

Tuesday, June 27, 2023
12:00-1:00 PM
Please arrive at 11:45am to order lunch before the talk.

RSVP: classes@texascenter.com

Parents’ Perspectives on Supporting their Adult Children with Autism

Strategies for Enjoying Life and Community Inclusion

This panel will present information from a parent’s perspective regarding being a parent of an autistic adult. Panelists will discuss barriers, strategies, hardships, and success stories. The panel is intended to promote autism acceptance and provide some illustrations of how life can be when you or your child has autism. This panel is not intended to present the full spectrum of experiences, but the experiences of a couple of parents.
If you care for a family member with intellectual disabilities, please join us for two FREE workshop series:

**Aging with Intellectual Disabilities:** Understanding the Aging Process, Dementia Risk, and How to Get an Accurate Diagnosis

Friday, July 7, from 12:00 – 1:00 p.m.: Aging Process and Dementia Risk
Presented by Dr. Tara Goodwin, Quartzcare Medical Clinic at Dallas
Friday, July 14, from 11:00 a.m. – 12:00 p.m.: Symptoms of Dementia and Accurate Diagnosis
Presented by Dr. Tara Goodwin

**Aging with ID and Dementia: Developing a Roadmap and Accessing Resources**

Friday, July 21, from 12:00 – 1:00 p.m.: Developing a Plan, Understanding Treatment Options, and Making Home Dementia-Friendly
Friday, July 28, from 12:00 – 1:00 p.m.: Responding to Behaviors, Presented by Dr. Laura Golden, CTP, My Health My Resources Tarrant County
Friday, August 4, from 12:00 – 1:00 p.m.: Resources for People with Dementia and Family Advocates

The workshop series is sponsored by the North Central Texas Council of Governments and Community for Permanent Supported Housing, with funding from the Administration for Community Living. For more information, go to: https://www.nctcog.org/aging-services/dementia-friendly

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**18th Annual Statewide Parent Conference**

A conference for families of children with disabilities, chronic and mental health conditions, or other health care needs; self-advocates, family members, educators, service providers, and other interested.

**18ª Conferencia Anual Estatal para Padres**

Una conferencia para familias de niños con discapacidades, condiciones físicas y mentales, violencias y otras necesidades médicas, autodefensa, familiares, maestros, proveedores de servicios y otras interesados.

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**Autism Friendly Cruise**
Contact Joanne Feland at 707/292-5430
Email: joanne.feland@cruiseplanners.com
Website: joannefeland.apassion4travel.com

Visit The Arc of Fort Bend County Facebook page for the latest tips, resources, community events, helpful videos and MORE.
The Arc's Programs for Adults with IDD:

- Adult Social Recreation (22+ years old)
- Special Olympics (22 + years old)
- Saturday Bowling (22 + years old)
- TwentySomethings (20-29 years old)

If you would like to be added to the email list for all of the adult programs, a membership is required as well as registration with one of the adult programs. You can join The Arc of Fort Bend County online at www.arcoffortbend.org/membership.

**RSVP's are mandatory for all events.**

**Who to Contact:**

Contact Nancy Dobert if you would like 2023 Registration information for the Adult-Social-Bowling program.
Email: nndobert@arcoffortbend.org or phone 281-494-5926

**2023 Registration is required before you can participate in the Social-Recreation-Bowling program.**

**Reminder: Registration and weekly reservations are required.**

If interested in joining **Special Olympics** or the **TwentySomethings** group, contact Pam Hollaway at phollaway@arcoffortbend.org or 281-494-5928.

### Adult Social Recreation/Bowling

**June In-person Events:**

**Afternoon at the Movies**
June 24
Adult Social Bowling

Returns in September 2023!
nndobert@arcoffortbend.org

If any athlete's medical form has expired (3 years after submission date), please go to the link below and have one completed by your doctor's office. Return the medical form to Pam Hollaway at The Arc's office: 123 Brooks St., Sugar Land, TX 77478. A Current Medical is Required to Participate in any Sport!

Athlete Medical Form

Events:

Golf, Softball, Bocce, and Swimming Practice
Starting in late July
Watch your email for registration information!

Contact Pam Holloway at phollaway@arcoffortbend.org or 281/494-5928 for more information.

The Arc of Fort Bend County
123 Brooks St
Sugar Land, TX 77478
Phone: 281-494-5959
For more information about The Arc, visit our website
www.arcoffortbend.org