



December 2017

Dear Friend,

**A new year. It always provides an opportunity to take care of things that are important to us.** Our health, our habits, and, of course, our loved ones. And if someone special in your life has a disability, there are many additional needs to address and always some crucial planning or action to do.

**I am the parent of a remarkable 43-year old with autism and intellectual disabilities.** I know first-hand how The Arc of Northern Virginia is an invaluable resource that helps people with intellectual and developmental disabilities (ID/DD)—and their parents, siblings, and caregivers—navigate each stage of life with a disability.

**So many families have been helped by The Arc of Northern Virginia.** We have provided vital information and education for people with ID/DD and their families so they can connect to the community-based programs and services that will best meet their individual needs, as well as undertake the long-range planning to assure that future needs will be met. When they didn't even know what they didn't even know, The Arc of Northern Virginia was there to help them learn, plan, implement, and advocate.

Throughout 2017, The Arc of Northern Virginia provided guidance and support for families as they navigated the challenges and concerns throughout the life of their loved one. (*You can see more about all of our work, our mission, and recent recognition on the back of this letter.*)

**Please take a moment to review this [“To Do” List](#).** It includes the many ways that The Arc of Northern Virginia helps people with ID/DD and their families meet their individual needs and create a life of their choosing. (*If you have a loved one with a disability, please use this comprehensive list to help plan how The Arc of Northern Virginia can assist you in the coming year.*)

On January 1, I will become the Board President of The Arc of Northern Virginia. I am honored to have this opportunity to help strengthen our community for the 34,000 people with ID/DD and their families.

**But we can't do it without you.** I invite you to help make 2018 a year where people with disabilities can achieve “A Life Like Yours” in Northern Virginia. Together, we can make an important difference.

**Please help The Arc of Northern Virginia with a gift today so that we can remain a vital resource for so many families in 2018.** There is still much work “To Do.”

Sincerely,

Christine B. Plummer  
Parent and Incoming Board President

Throughout each year, we must raise over \$700,000 to ensure that we can continue to provide the essential resources that people with ID/DD and their families need. Your gift today will help us to serve them. Thank you!

## **About The Arc of Northern Virginia's Programs and Services**

The Arc of Northern Virginia promotes and protects the human rights of people with intellectual and developmental disabilities (ID/DD)—such as autism, Down syndrome, cerebral palsy, epilepsy, and rare chromosomal disorders—and actively supports their full inclusion and participation in the community throughout their lifetimes. For over 55 years, The Arc of Northern Virginia has provided programs, services and advocacy for people with ID/DD of all ages and their families throughout Northern Virginia. It is estimated that more than 34,000 individuals in Northern Virginia have ID/DD.

**Information & Referral:** The Arc of Northern Virginia fields more than 5,000 information & referral requests each year, helping address time-sensitive issues and solve difficult challenges.

**Education:** We provide over 60 educational workshops and webinars each year on a wide range of topics, such as special needs trusts, guardianship and other alternatives, Medicaid waivers, travel training, housing options, employment opportunities, Social Security benefits, and much more.

**Advocacy:** We work with our constituents and their families to help them become more effective advocates for better funding and services for people with ID/DD.

**Self-Advocacy:** The Arc of Northern Virginia provides opportunities for individuals with disabilities to get together in a supportive environment and learn to advocate effectively for their own needs.

**Special Needs Trust Management:** The Arc of Northern Virginia offers a Special Needs Trust program that allows individuals to receive financial support to enhance their lives without jeopardizing their public benefits (such as SSI and Medicaid) while planning to meet lifetime needs.

**Direct Services and Case Management:** We provide case management for recipients of the state-funded Family and Individual Supports Medicaid Waiver to manage the services they receive.

**Guardianship:** We operate a Guardianship of Last Resort program, serving individuals with developmental disabilities, mental health concerns, and age-related impairments, who have no one else to help with important decisions.

**Innovation:** We are continually creating new programs in recognition of the changing landscape of public services and in response to family inquiries.

**For additional information, please visit [www.TheArcofNoVA.org](http://www.TheArcofNoVA.org).**

### **Recent Recognition of our Work**

- ≈ We were presented with the 2017 Non-Profit Leadership Award by Leadership Fairfax at the Northern Virginia Leadership Awards.
- ≈ We were selected as the 2016 Non-Profit of the Year by the Northern Virginia Chamber of Commerce.
- ≈ The Falls Church Chamber of Commerce presented us with the 2016 Carroll V. Shreve Award for Meritorious Human Service for our work benefitting the community.
- ≈ We were the nonprofit recognized with the 2016 Martha Glennan Disability Inclusion and Equality Award from the Fairfax Area Disability Services Board
- ≈ Our TravelMATE and EmployMATE curriculum “apps” have received Innovation Awards from Washington Business Journal, Northern Virginia Chamber of Commerce, and NBC Universal.