



ARK ADVOCATES - NEWS & VIEWS

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Web Site: www.arkadvocates.org; E-Mail: info@arkadvocates.org

ARK ADVOCATES WALK/FUN DAY FOR 2012

By Brooke Gassman, Board Member

The 13th Annual Walk and Fun Day was a great success thanks to the support of the Dubuque community! This year's event was held on November 17th at Loras College's Graber Center. Families and individuals of all ages came out for an afternoon of music, inflatable fun, parachute play, face painting, games, prizes and more.

In addition, the new Adaptive Equipment Lending Library was launched at the walk. Some of the newly purchased adaptive equipment was on display and available for individuals to check-out. More information about the Lending Library can be found at http://arkadvocates.org/support_lending.htm

The event raised nearly \$5,000.00 through individual, team and business donations. The funds will be used to support ARK Advocates services that benefit individuals with disabilities and their families. Thank you for helping make the ARK Walk and Fun Day a success!

Please see list of sponsors included in this newsletter.

Together we do make a difference.

Call to All Members!

By Sharon Dalton, Board Member

Here at ARK Advocates, we value our membership support and appreciate all of you coming out to volunteer or attend our events! In the spirit of community, ARK asks for your continued volunteer support...we also ask for you to encourage your friends and family to consider being ARK Advocate volunteers!! We have steady opportunities for volunteers: from helping us at an event such as respite, the ARK Walk or the Roll & Sole-A-Thon, brainstorming on one of our many sub-committees, organizing/maintaining our volunteer lists....if you have some time, we can use your help!!! Please contact us if you or someone you know can volunteer at akrause@arkadvocates.org.

ARK ADVOCATES Walk/Fun Day 2013—Continued

Corporate Sponsors are:

Gold ARK Sponsors:

Loras College
L. T. Amusements
New Melleray Abbey

Silver ARK Sponsors:

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Local businesses/individuals donating door prizes or supplies are:

Albrecht Acres
All Things Sweet Shoppe
Big Apple Bagle
Buffalo Wild Wings
Candle Ready Cakes
Cherry Berry
Creslanes

Fig Leaf Gifts and Intimates
Grand Harbor Resort
Houlihans
HyVee
Junction 21
Kentucky Fried Chicken
Midwest Dental

Miracle Car Wash
Panchero’s
Panera Bread
Pizza Ranch
Quiznos
ed Robin Gourment Burgers
Village Inn

Thank you sponsors

Awards Potluck

By Aulanda Krause, President

Mark your calendars for the ARK Advocates annual membership and awards potluck. This year's potluck will be held on Tuesday, May 21, 2013 at the Kehl Center at Albrecht Acres. Serving will begin at 5:30 p.m. followed the annual awards and meeting. A dance will follow by D.J. Bob Slattery of Fun N Games until 9:00 p.m. This is the third year we have added the dance to the potluck. Everyone had a great time movin' to the tunes last year. This year promises to be even more fun!

All friends of ARK Advocates are invited to attend the potluck. Just bring a dish to pass and your own place settings. ARK will provide meat and beverages. You do not need to be a member of ARK Advocates to participate. **Everyone is welcome.**

This year's award categories include: Employer of the Year, Volunteer of the Year, Advocate of the Year, Teacher of the Year, Para-Educator of the Year, Community Inclusion Award, Service Provider of the Year, Sibling of the Year, Citizenship Award, Professional of the year, and Distinguished Community Service. A description of each category as well as the nomination forms can be found on the website at www.arkadvocates.org. All nominations need to be received by mail, e-mail or to a Board Member no later than Friday, April 19, 2013. A copy of the nomination form has been included with this newsletter for your convenience.

ARK Walk/Fun Day 2012

Thank you L.T. Amusements
and Greg Ronek/Premier Entertainment



THANK YOU TO OUR MANY VOLUNTEERS, BOARD
MEMBERS, AND THEIR FAMILIES.

ANNUAL AWARDS

By Barbara Tubbs, Executive Secretary

Once again, it is time to start thinking about our annual awards. Each year ARK Advocates honors the many persons in our community who give so generously of their time and talents on behalf of individuals with disabilities. This is your opportunity to express your appreciation and to thank someone who you know, or who has touched someone you know, and is so deserving of such an award. The awards will be presented at the Potluck/Awards Picnic in May. Please submit nominations to ARK Advocates, P.O. Box 3024, Dubuque, Iowa 52004-3024 or e-mail to info@arkadvocates.org (see Nomination form included in this newsletter) by April 19, 2013.

The categories for award nominations are:

Employer of the Year: To recognize a company/business that has effectively promoted the employment of individuals with mental and/or physical disabilities or an individual within an organization who has actively assisted in making employment opportunities successful.

Volunteer of the Year: To recognize volunteer(s) who have given generously of their time and talents to help benefit individuals with disabilities. Any person or group of persons who has contributed toward accomplishing the mission of ARK Advocates and who has not received compensation for these services is eligible. This may include parents, brothers, sisters, volunteers, etc.

Advocate of the Year: To recognize a community volunteer mentor who has helped an individual or a group of individuals with a disability achieve a higher degree of independence. This person must have been an advocate for at least one year and made a positive impact on the lives of people with disabilities.

Teacher of the Year: To recognize a classroom teacher who has demonstrated excellence in teaching students with disabilities/ special needs. The nominee must have been actively engaged in teaching during the last school year.

Para-educator of the Year: To recognize a classroom educator who has demonstrated excellence in helping students with disabilities/special needs meet their educational goals. The nominee must have been actively engaged in the classroom during the last school year.

Community Inclusion Award: To recognize an outstanding citizen or group of people, aside from a teacher, who is having a positive impact on the social, vocational, therapeutic or other aspects of community living for individuals with disabilities.

Service Provider of the Year: To recognize a direct care staff who has demonstrated exceptional sensitivity to people with disabilities and who has exhibited quality work within the position held. Must have been a direct care staff for at least one year and made a positive impact on the lives of people with disabilities.

Super Sibling: To recognize an individual who has a sibling with a mental and/or physical disability and has contributed to enhancing the life of that sibling and assisting the sibling to achieve more independence.

Citizenship Award: To recognize an individual with disabilities who has contributed to or has participated more fully in the community in some outstanding way will be considered. Evaluation and consideration of person's leadership will include the changes of the specific disability.

Professional of the Year: To recognize an individual employed in a field of service, aside from teaching, who has demonstrated sensitivity or the ability to promote outstanding quality which results in increased independence or for additional opportunities for people with disabilities.

Distinguished Community Service: To recognize a company or an organization that has performed an outstanding service on behalf of persons with disabilities. Nominee must be a business or organization that made significant assistance either financially or through service or leadership.

Please visit our website for a more detailed explanation (purpose, eligibility, and basis for selection) of each award category and the nomination form .

ARK Advocates
Award Nomination Form
Mark One Award Category

Please refer to the description of each category located at www.arkadvocates.org on the event page.

- | | |
|----------------------------------------------------------|-------------------------------------------------------|
| <input type="checkbox"/> Teacher of the year | <input type="checkbox"/> Volunteer of the year |
| <input type="checkbox"/> Advocate of the year | <input type="checkbox"/> Para-educator of the year |
| <input type="checkbox"/> Community inclusion | <input type="checkbox"/> Service provider of the year |
| <input type="checkbox"/> Sibling of the year award | <input type="checkbox"/> Citizen of the year |
| <input type="checkbox"/> Distinguished community service | <input type="checkbox"/> Professional of the year |

Nominee Information

Nominee _____ Title _____
Name of Organization _____
Address (__Home, __Work) _____
City/State/Zip _____
Telephone (work) _____ (home) _____
E-mail _____

Sponsor Information

Nominator _____
Relationship to Nominee _____
Name of Organization _____
Address (__Home, __Work) _____
City/State/Zip _____
Telephone (work) _____ (home) _____
E-mail _____

Attach supportive materials: Testimonials, letter(s) of support, pictures, etc. Pictures may be used at the Award Potluck in May.

Deadline for submission is April 19, 2013.

Submit to:

ARK Advocates
P.O. Box 3024
Dubuque, IA 52004-3024

E-Mail to:

info@arkadvocates.org

Questions and concerns leave a message at: 563-556-1785

Do you or someone you know have a child with special needs between the ages of 3 and 12 years old? We would like to offer respite care. We will provide quality care for your child while you do something for yourself or just do nothing at all for the afternoon. Please take advantage of this wonderful opportunity by filling out our application.



FREE Respite
Sunday, April 21 1-4 pm
ARK will be providing
Respite at St. Joe's Key
West for children ages 3-
12 years old.



Fill out an application by April 8th to register.

Email akrause@arkadvocates.org

HOPEkids! image Bearers

"So God created mankind in his own image." Genesis 1:27

Hope Kids Image Bearers is a Kindergarten-Fifth Grade special needs Sunday School Program that is dedicated to teaching all kids about Jesus. It is our goal to create an atmosphere that allows all kids to learn and participate in our weekly Bible lessons while parents are able to attend our worship service. Image Bearers provides adapted lessons, modified activities, one to one support as needed, low child to adult ratio, sensory room for children in need of a break, and many other fun exciting adaptations to our current children's service.

Image Bearers meets at Hope Church's University Campus at Blades Hall on the University of Dubuque Campus. Service times are 9:30 and 11:00 on Sunday mornings. If you would like to get more information about Image Bearers please contact Greg Deutmeyer at greg@ehope.org or by phone (563) 542-3743.

If your place of worship would like to be featured for their work, ARK would love to share it with our members as "Pray" is apart of our mission.

HOPE CHURCH DONATES TO ARK'S FINANCIAL ASSISTANCE FUND

By Aulanda Krause, Board President

I am pleased to announce that ARK Advocates received an unexpected "New Years" gift. Every Christmas season, Hope Church of Dubuque takes up donations from their congregation with the intention of giving it all away ...to serve world, community and church. We, ARK Advocates, has been designated as the recipient for the community outreach service! We have been blessed with a \$10,000 donation to our financial assistance fund. As you may know, part of ARK's service to individuals with special needs and their families has been to provide financial assistance. We review applications and grant as many individuals support as possible. However, we have a limited amount that we are able to grant from year to year based on donations from our fundraising. As a recipient of this money, Hope Church wishes us to use the money quickly, within 2013.

What does this mean for ARK? This means that ARK will have the ability to give a little more generously to individuals with special needs who have a financial need. We have offered assistance for guardianships, adaptive equipment, therapy needs, transportation, and housing needs, etc. In addition, we encourage you to consider assistance with registration fees for community activities and events such as attending summer camps or classes. Sometimes these fees limit participation, and ARK has the ability to assist in more giving this coming year. Financial assistance forms are available on our website at www.arkadvocates.org/support.htm

ARK looks forward to receiving your applications!

On **May 4**, we are hosting our second annual **Roll & Sole-A-Thon** fundraiser, at the Mystique Community Ice Center from 11-2pm. In addition to helping with the purchase and maintenance of equipment, proceeds will be used to help ARK's mission to support people with special needs in the area of financial assistance, respite, advocacy and more.

The event invites teams and individuals to walk a course on SOLES or ROLL using a bike or other wheels. We need sponsors and teams to make this project a reality. All sponsor donations, large or small, are appreciated! 100% of your support will directly impact the lives of those with special needs and their families.

In addition, we also have an Endurance Ride prior to the event for avid bicyclists. There is a map on our website and facebook page.

Register online at www.arkadvocates.org
Email: info@arkadvocates.org or call 563-556-1785 for more information.

Come Join us for a fun filled day to support ARK.



2ND ANNUAL ROLL & SOLE-A-THON

ARK ADVOCATES presents

MAY 4, 2013
11:00 A.M. – 2:00 P.M.
MYSTIQUE COMMUNITY ICE CENTER
MCALLEE PARK

ALL ages welcome!

REGISTRATION AT THE DOOR, BUT BY APRIL 15 SECURES A FREE T-SHIRT. FORMS AVAILABLE ONLINE AT www.arkadvocates.org
REGISTRATION FEE: \$20; AGES 6-12, \$10, 5 AND UNDER, FREE

PRIZES TO TOP 3 TEAMS THAT RAISE THE MOST MONEY

9:00-11:00
20 MILE ENDURANCE RIDE

11:00-2:00
ROLL & SOLE-A-THON

- CONCESSIONS
- TRY OUT AN ADAPTIVE BIKE
- CHALLENGE RIDE LED BY THE "BIKE POLICE"
- DUBUQUE FIGHTING SAINTS MASCOT APPEARANCE
- FACE PAINTING
- DJ FUN
- SPONSOR BOOTHS

Did you know?
The average children's bicycle costs \$90, but a youth size adaptive bicycle can cost as much as \$2,000!

WE ARE RAISING MONEY FOR OUR ADAPTIVE LENDING LIBRARY WHICH ALLOWS INDIVIDUALS WITH DISABILITIES AND THEIR FAMILIES TO CHECKOUT ADAPTIVE EQUIPMENT

Want to get involved?

- Start a TEAM!
- Become a SPONSOR!
- VOLUNTEER your time!
- DONATE!

FUN for the whole family!

Like Us On **facebook**

Visit our website for more information about accessing the Adaptive Equipment Lending Library and to register for the Roll & Sole-a-thon at www.arkadvocates.org

ARK ADVOCATES

COME SUPPORT PEOPLE WITH SPECIAL NEEDS IN OUR COMMUNITY...

Check out ARK's features on our Website www.arkadvocates.org

We are now accepting donations online from our website using Pay Pal.



**Upcoming
Events**

Donate

Upcoming Events will be added to a Google calendar on our Website's "Events" page. Events ARK hosts as well as community events will be added to this calendar as a way to inform individuals and their families. In addition, if you know of events to add to our calendar, please contact us.



Please "LIKE" us and become connected to us on Facebook.
Go to www.facebook.com/pages/ARK-Advocates/125158977548687

ARK's Adaptive Equipment Lending Library

ARK Advocates would like to announce that our Adaptive Equipment Lending Library is ready for use! The library allows individuals with special needs and their families to "check out" equipment. In addition, individuals with temporary or unexpected needs as a result of an accident, surgery or illness are also welcome to access our library.



For a complete inventory list and application forms visit our website at http://www.arkadvocates.org/support_lending.htm

We would like to continue to thank our sponsors, volunteers and supporters for allowing us to make the lending library a reality.

REGISTRATION FORM

ARK Advocates' Roll & Sole-A-Thon

May 4, 11-2pm Mystique Community Ice Center

I am participating as:

- Individual
- Family (Complete the section below for all family members)
- Part of a team (Give registration materials to team captain)
- Team Captain (Complete the team roster form)
- Joining the 20 mile endurance bike ride prior from 9-11. Map online. Meet at 8:30.
- I can't participate. Please accept my donation.*

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Team Name: _____

Name	Registration Fee: Age (Adult \$20, Child (6-12) \$10, Child (0-5) Free. Enclosed PayPal	FREE T-shirt size (Child S, M, L, Adult S, M, L, XL, XXL, 3XL)

WAIVER: In consideration of being permitted to participate in this event, I hereby for myself, my heirs, and personal representatives assume any and all risks which might be associated with the event. I further waive, release, discharge, and covenant not to sue ARK Advocates, its officers, employees, sponsors, organizers, volunteers, or other representatives, or their successors and assigns, for any and all injuries or damage of any kind whatsoever suffered as a result of taking part in the event and/or any related activities. I also agree to the use of any photo, film, or videotape of the event for any purpose.

Signature: _____

(Guardian's signature if necessary)

Autism Support Group

For individuals who support and love a person with autism.

Tuesday April 16th from 6:30-8:00 pm
Professional Arts Plaza, 200 Mercy Drive

Changes to By-Laws

By Aulanda Krause, Board President

The following changes will be voted on at the annual Awards Potluck. Both changes are under Article XI:
Duties of Standing Committees: All items with a strike through them will be deleted and bold items will be added to the paragraph.

Section 2. Advocacy/Education Committee: This committee is designed to inform ARK Advocates and the community of education information available; will develop and update education materials (i.e. brochures, ~~referral directory~~, etc.); will **oversee the maintenance of the** website; will develop and set up the annual membership meeting; will provide public awareness to the community, ~~as part of the Young Adults Network Group~~; **and will educate the membership and community on state and national legislative issues concerning people with disabilities and will oversee the annual Up With Families event.**

Section 3. Fundraising/Marketing Committee: This committee will coordinate fundraising projects or other means of financial support that will furnish the income needed to finance ARK Advocates, will promote awareness of the organization and its fundraising events, will coordinate the publicity in the community, and will serve as the liaison for public relations. This committee will ~~serve as the~~ **appoint and oversee event volunteers and general membership recruitment**; ~~coordinator for all events, will new members~~; and will oversee necessary appreciation/ acknowledgement of sponsors, vendors and volunteers.

ARK Advocates 2013 Membership Application

"I can't do it alone, you can't do it alone, we can do it together!"

Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

E-Mail Address: _____

Phone Number: _____

Individual membership \$ 30.00

Family membership \$ 50.00

Partnership member \$100.00

If you do not wish to have your name published in our newsletter, please mark yes _____ or no _____.

Please make your checks payable to ARK Advocates at P.O. Box 3024, Dubuque, Iowa 54224-3024

Those who choose partnership member will be recognized in our newsletter. Remember, your dues are tax-deductible and affirm your belief in and commitment to children and adults with disabilities. Membership dues and donations support individuals in you community.