



The Arc[®] *of Frederick County*

The Link *October 2023*

Remembering J.R. Ramsburg

The Arc of Frederick County is deeply saddened by the loss of J.R. Ramsburg. J.R. was a pioneer in establishing numerous community supports for people with developmental disabilities and was a staple to the Frederick Community. He will be missed, however his legacy will live on in all the lives he touched.

J.R. was a humble, yet effective man whose commitment to making his community a better place for everyone to thrive in is a cornerstone on which Frederick was built. In addition to helping to establish The Arc of Frederick County, J.R. remained a partner to people with developmental disabilities and their families for decades. At the turn of the millennium, J.R. was instrumental in raising funding and community support to create The Arc's Endowment Fund with The Community Foundation of Frederick County.

The Arc's Endowment Fund is a highlight of The Arc's Information and Referral Supports. The Arc's Information and Referral Services provide immediate interventions to individuals, families, or other vested community members to support them with accessing resources, providing advocacy, and coordination to support a person with a disability at home, work, school, and in their communities. This service supports family preservation and allows The Arc to assist people individually as well as offer family support and sibling groups, free respite care, community navigation, and topical trainings for parents and professionals.

J.R.'s commitment allows knowledgeable Support Coordinators from The Arc to meet with families to provide Future Planning so that when a person with a disability's primary caregiver is no longer able to provide care, there is a plan in place that allows families to pass along their values, practical tips for what is important to the person served, and so that financial resources can be passed on to the person with a disability with respect to protecting their benefits and state-services. The awareness J.R. partnered with The Arc to make about the importance of planning for this stage of life brings peace of mind to caregivers, siblings, and friends as well as comfort to the person served as they continue to live their best life in Frederick.

The innovative, forward-thinking service J.R. offered to The Arc comes full circle as we grieve for a great man who has influenced how families are able to make plans and offer wise guidance to their loved one with a disability even after one of their most powerful advocates passes on the torch to a new, trusted caregiver.

Culinary Creativity

A shared meal is often the focal point when friends gather together for laughs and a good time. When The Arc coordinates activities, there are often numerous aspects of learning that are considered and broken down into steps that can enrich a person's life. The Arc's recent Make Your Own Pizza class is an example of a fun activity that can extend beyond The Arc's culinary kitchen.

While students gathered under the guidance of Chef Scott for a day of learning how to make fresh dough, mix various sauces, and had their choice of plentiful toppings, participants learned aspects of teamwork and socialization while cooking together. In addition to the class time, Support Coordinators follow up with participants and encourage them to host their own dinner parties where they can show off the new dishes they learn to cook and have an enjoyable evening with friends.



When planning festivities, people learn skills such as shopping and budgeting, creating invites, proper table settings, planning activities and games to keep the good times going throughout the evening, and even how to spruce up their home in preparation for guests coming for a visit. The carry-through from a class setting to real world, practical experiences are important steps that can sometimes be overlooked. Support Coordinators and Coaches from The Arc serve in a role to help connect the many moving pieces in someone's life so skills are put to use.

Rolling dough and choosing toppings is fun for the day, but class time can also ignite more than the flames in an oven when people have partners helping them plan.



October & November Food Sales

Get ready for Halloween and Thanksgiving with some tasty treats! Our Halloween food sale includes caramel apples, dirt pudding cups, and ghost sugar cookies for pick up on Monday, October 30th. Our Thanksgiving sale will have apple pie, pumpkin pie, fall sugar cookies, and a family portion of butternut squash cannelloni for pick up on November 21st or 22nd. Place your orders to pick up at marciasbakery.com.



Caramel Apples \$6
Halloween Dirt Cup \$4
Ghost Sugar Cookies \$6

OCTOBER 30

555 South Market Street
11am-4pm
marciasbakery.com



Apple Pie \$12
Pumpkin Pie \$12
Sugar Cookies \$6
Butternut Squash Cannelloni \$30
(serves 6)

555 South Market Street



Nov 21st 11am-4pm
Nov 22nd 9am-12pm

marciasbakery.com

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