



## Join The Arc and Learn More About Self-AdvocaZ!

Kevin Cook is a graduate from Frederick Community College and self-advocate. Kevin is representing The Arc of Frederick County and is partnering with The Arc Maryland and People on the Go of Maryland to raise awareness about the value of self-advocacy and strengthen groups throughout the state. Kevin and The Arc of Frederick



County have a focus of reaching out to Generation Z (ages 30 and under) to incorporate their unique needs related to a generation of people who have grown up with individual empowerment and the most access to inclusivity in public school, the community, at college, and the workforce. Kevin will be holding information sessions about Self-AdvocacZ. If you would be interested in attending please contact Kevin at [fredmdselfadv@gmail.com](mailto:fredmdselfadv@gmail.com) to join him as he empowers a new generation to actively participate in Self-AdvocacZ!

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# Summer Sun Food Pickup Friday, July 16th



Pre-Order by Sunday, July 11th at  
[www.marciaskbakery.com](http://www.marciaskbakery.com)



**Tomato Mozzarella Salad- \$8.00**

**Nicoise Salad- \$14.00**

Searched fresh salmon, roasted red skins potatoes, fresh green beans, hard boiled eggs and olives.

**Summer Pasta-\$14.00**

Orecchiette with roasted chicken breast, summer squash, tomatoes, fresh corn, roasted red peppers and fresh basil in a light tomato sauce.



**Lemon Bar-\$3.00**

**Slice of Pineapple Upside Down Cake-\$3.00**

**Click Here to Order!**

To be added to the Marcia's Bakery email list, email Jessica at [janders@arcfc.org](mailto:janders@arcfc.org)!

[Click Here](#) to follow Marcia's Bakery on Facebook!

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## Annual Membership Meeting Notice

The Arc of Frederick County did not have a quorum at the Membership Meeting held on June 14, 2021. Members of The Arc of Frederick County have ten days to object to the changes made in the Constitution and Bylaws as well as the Board of Directors slate for FY 2022. Please contact Shauna Mulcahy at [smulcahy@arcfc.org](mailto:smulcahy@arcfc.org) with any questions.

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# Thanks To Our Contributors

## Contributions

Aaron Stephens  
AmazonSmile  
Amy Schlitzer  
Anne and Frank Keyser  
Bimalroy Pastakia  
Bob and LaVerle Beaman  
Brian and Kristen Graney  
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Chip Comstock  
Corby Fowler  
Crestwood Village HOA at Frederick Crestwood  
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The Blackburn Giving Fund  
The Sana and Andy Brooks Family Fund  
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United Way of Frederick County, Inc.  
William E. Cross Foundation  
William Morrison  
William Papproth



*Contributions as of June 30, 2021*

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