

The Arc[®]

of Frederick County

The Link

November & December 2025

October was National Disability Employment Awareness Month

October 2025 marked the 80th anniversary for National Disability Employment Awareness Month! The Arc of Frederick County celebrated this momentous month and the more than 50 people we support who are gainfully employed by sharing many of their stories on Facebook.

The Arc is here to help people with intellectual and developmental disabilities find employment opportunities that match their passions, talents, and interests. We support career development through connections to higher education, specialized job training, and tailored internships—all designed to help individuals hone their unique skills. Our goal is to help people we serve secure meaningful, competitive employment, and we're committed to providing ongoing support and forming close partnerships with the business community to ensure everyone succeeds!



[Subscribe](#) to our email list.

Celebrating the Season with Festive Fall Fun



Last month, The Arc had a fantastic lineup of autumnal activities and outings to help everyone get into a festive mood! For those who love being cosy and creative, we enjoyed pumpkin carving and decorating, along with a relaxing group coloring session. Meanwhile for those who enjoy being active in the great outdoors, we went for a hike on Gambrill State Trail and visited a couple of fun pumpkin patches.

In collaboration with Community Living, we also held our annual fall dance party. Everyone had a great time dancing in their awesome costumes, winning raffle prizes, and munching on delectable snacks and desserts prepared by The Arc's Culinary Arts and Hospitality Training Program. We'd like to

give a big shoutout to the wonderful Hood College Women's Soccer Team for volunteering to help with food, tidying up, getting everyone dancing, and making the whole evening so memorable!



Holiday Appeal 2025

With the holidays just around the corner, we invite you to pause for a moment and think about the impact your generosity has on the people served by The Arc of Frederick County. Your support truly makes a meaningful and lasting difference in the lives of individuals with intellectual and developmental disabilities in our community. We hope you'll keep that wonderful tradition going this season!

Take a sneak peak at this year's letter from Executive Director Shauna Mulcahy and consider making an early donation for a head start on the 2025 holiday season by clicking the link below. The Arc thanks you for thinking of the families and people with intellectual and developmental disabilities we serve, and we appreciate your kindness and generosity this holiday season!

[Read & Donate for the 2025 Holiday Appeal](#)

Upcoming Events

[Subscribe](#) to our email list.

Membership Meeting

Our next membership meeting will be on Friday, November 21st at 3:00pm at the Research Court office. We will review bylaw changes and Articles of Incorporation. Please RSVP to Maia Carlisle at mcarlisle@arcfc.org if you plan on attending.

Food Sale

Thanksgiving is just around the corner, and we're excited to help make your holiday delicious, warm, and stress-free! Our Thanksgiving sale will have you ready to go with apple pie, pumpkin pie, and a limited quantity of brined, roasted, and sliced turkeys served up with a side of gravy.

Place your orders at marciasbakery.com for pickup on Wednesday, November 26th.

Marcia's Bakery

Thanksgiving Menu

Main Course

Roasted Turkey

The main dish – a delicious roasted brined and seasoned. Roasted and Sliced with side of gravy.

Small - \$60

Average 11 lbs

Medium - \$85

Average 16 lbs

Large - \$115

Average 22 lbs

****Limited Quantity Available****

Desserts

Baked Pumpkin Pie - \$10

Baked Apple Pie - \$12

Pick Ups

November 26th
11:00 AM - 2:00 PM



555 South Market Street Frederick, MD 21701

marciasbakery.com

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