

# 2021 ANNUAL REPORT

## 2021 HIGHLIGHTS

- Doubled organization staff
- Moved into our first office space, thanks to the PATH Foundation
- Redesigned and launched new website
- Implemented The Arc@Home program
- Developed Community Of Self-Advocates (COSA) in partnership with RRCS
- Connected one-to-one with families through individualized consultations
- Developed new Community Resources
- Led the disAbility Coalition of North Central Virginia (NCV)

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The Arc of North Central Virginia experienced tremendous growth in 2021! We extend a huge thank you to our individual and organizational donors, grantors, and community partners. During 2021, we received funding from many supporters, including the following major contributors: Martha Dabney Jones Foundation, New River Systems Corporation, Northern Piedmont Community Foundation and the Kortlandt Fund, and the PATH Foundation.

### Family Support and Consultations

During 2021, The Arc of NCV assisted more families than ever before. The Arc staff helped families understand and gain access to the complex systems of support people with intellectual and developmental disabilities (IDD) access throughout their lifetime.

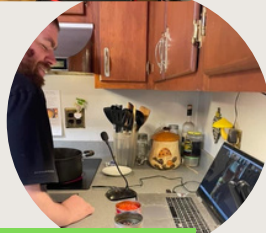
### Programs and Events

In 2021, The Arc of NCV launched two new programs designed to build connections among the families we serve.



#### COSA - North Central Virginia Community of Self-Advocates

was developed in partnership with Rappahannock Rapidan Community Services to support adults with IDD. Launched in July, COSA offers weekly, virtual opportunities for self-advocates to socialize, engage in leisure activities, and learn about the community together.



**The Arc@Home**, a monthly online program, encourages families to socialize and unwind with a craft or wellness activity. Prior to each program, participants receive Arc@Home kits containing all the materials and instructions needed. Activities are geared to participants of all ages with the convenience of at-home participation. We welcome support from local businesses to sponsor supplies or co-host activities.



**The Arc@the Park** was paused due to the pandemic in 2020 and 2021. We missed seeing everyone and very much look forward to restarting in-person events with **The Arc @the Park at the Bright Spot Inclusive Playground in Culpeper on May 1, 2022**. Please visit our website for more information or to volunteer!

### Resources

In July, we launched our completely redesigned website, enabling us to increase direct engagement, share resources and print media, and promote awareness in our local community and beyond. We also developed new resources to assist local families, including a document with supports for adults with DD.



### Partnerships

The Arc of NCV formed new partnerships with local businesses last year to support The Arc@Home and COSA programs. Arc Executive Director Marilyn McCombe chairs the disAbility Coalition of NCV, with more than a dozen organizational members. The Coalition regularly exchanges organizational updates and activities, and collaborates on emerging issues affecting people with disabilities in our community.

# The Arc@Home

The Arc@Home is a series of monthly online activities for individuals and families supporting wellness, creativity, and social connection.



These monthly live online programs feature seasonal and holiday-themed activities designed for a wide range of ages and abilities. Each month, The Arc@Home events are led by local volunteers.

In advance of each live event, participants receive a free Arc@Home Kit containing supplies and printed instructions needed to complete that month's activity. Kits are designed to be flexible enough for use on their own in the event that participation in the online event is unavailable. Contact us to facilitate an Arc@Home Activity!

## 2021 Arc@Home Activities

- Vision Boards
- Heart Cookie Painting
- Mindfulness
- Sunflower Painting
- Paper Flowers
- Baking Banana Bread
- Summertime Snacks
- Virtual Dance Party
- Scrapbook Making
- Painting Pumpkins
- Holiday Cookie Painting
- Gingerbread House Canvas Painting



COSA is supported by a partnership between The Arc of North Central Virginia and Rappahannock Rapidan Community Services.



COSA provides opportunities for adults (18+) with IDD in Culpeper, Fauquier, Madison, Orange, and Rappahannock counties to connect through educational, social, and leisure activities facilitated by members of our local community.

Welcome gifts, including printed resources and materials for online participation, are sent to all new members. The COSA Birthday Club encourages members to support each other with birthday cards.

[arcofncv.org/COSA](http://arcofncv.org/COSA)

## 2021 COSA Activities

- Quarterly Member Meetings
- Birthday Club
- Weekly Bingo
- Game Nights
- Card Making
- Dance/Movement
- Versatile Veggies Cooking Show (10 weeks)
- Horse Farm Virtual Tour
- Self-Advocate Spotlights: Taekwondo, Music, and Zoom Tips



## Connect with us!

## VISIT OUR WEBSITE

[www.arcofncv.org](http://www.arcofncv.org)

### Learn

Request an individual consultation, access our resources, participate in an activity, and learn with us!

Learn about our history, mission, and leadership on our **About Us** page.

### Support

Financial support is critical to our mission. We welcome all support including in-kind donations from community partners.

Check out the **Partners** page to learn about our **Supporters** and the **disAbility Coalition**.

### Volunteer

Your time and talents are valued and needed! Volunteers lead crafts, games, and other activities for COSA and Arc@Home events. We also need volunteers for The Arc @the Park in May.

Look for opportunities on our **Volunteer** page.



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