



Garrett

# The Arc of Plymouth and Upper Cape Cod September 2020 Impact Report



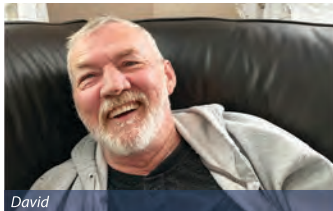
Leigh Ann



Kyle & Ryan



Dylan



David

Empowering and Supporting People  
with Disabilities and Their Families



## Welcome from the Executive Director

In late 2019, so many of you joined us to celebrate the expansion of our service area and the growth of our organization. Since then, it's become abundantly clear that the work we do, now more than ever, is essential. Our priorities of health and safety, coupled with related Covid-19 guidelines, have changed the way people with disabilities live, learn, and stay connected.

As we move into fiscal year 2021, having learned from the lessons of 2020, we cannot afford to stand still. We must continue to think creatively, plan thoughtfully, and evolve purposefully.

The Arc of Plymouth and Upper Cape Cod has so much to be proud of, including a rich history of providing high quality services while remaining a staunch supporter of our broader community. I am especially proud of our work over the past year - work that could not have been accomplished without a committed and steadfast group of supporters including the people we support and their families, our creative and mission-driven staff, our unwavering community partners, and our exemplary and inspiring Board of Directors.

My hope is that this Impact Report reinforces our collective vision and highlights shared, overarching goals which will continue to drive our work forward.

As always, we appreciate your ongoing support and we thank you for taking the time to stay in touch and connected. I hope you enjoy our first publication.



*Mary Valachovic*  
Executive Director

**One in 4 U.S. adults – 61 million Americans – have a disability that impacts major life activities, according to the most recent figures gathered by the CDC.**

## Virtual Support Services

The COVID-19 pandemic has changed some of the methods in which The Arc of Plymouth and Upper Cape Cod provides services, but it has not changed our commitment to the people and families we serve.

Our organization quickly pivoted, developing virtual services for the safety and emotional well-being of individuals and families we support, and our staff.



## Virtual Session Figures

1:1 Sessions

1,933 virtual learning and recreational 1:1 sessions were conducted between March and August.

Group Sessions

2,510 virtual learning and recreational group sessions were conducted between March and August.

## Expanded AFC, IHS, Shared Living and ABI Capabilities

Referrals continue to be received and processed virtually by the hardworking teams in our Adult Family Care, Individual Home Support, Shared Living, and Acquired Brain Injury programs. Staff continue to not only support people well, but move effectively forward despite the challenges of COVID-19. Each program has successfully completed several "virtual intakes."



Your dollars help purchase technology such as iPads, web cams, and assistive technology such as Proloquo2Go.



# 2020 Impact by The Numbers

Just some of the ways we've supported and advocated for people with disabilities



**476**

People currently receiving services between all departments

**\$40,000** 

Invested in Personal Protection Equipment (PPE) for staff

**77**

Number of people supported by our Adult Family Care Program



**76**

Number of participants in our Community Based Day Program



**67**

Families with children under 12 who received emergency financial assistance through Family Support



**601**

Families were supported this past year with funding and family support navigation



Eric and father Jerry with their modified van



**245**

Trainings and educational events for individuals and families

**\$3,400**

Paid to help a family modify their van for their son who has cerebral palsy, epilepsy, and vision challenges.

**92**

Number of people receiving in-person support since resuming in-person services

**1,794**

Number of small group activities, such as parent and sibling groups, self-advocacy groups, skill acquisition classes and recreation

**12**

Number of people with acquired brain injuries supported by our ABI homes



**4,443**

Virtual sessions have taken place since March 2020



**701**

People received food pantry assistance



Adam during an art session

THE IMPACT OF YOUR DOLLAR



## Success Stories & Testimonials

We would not be able to provide quality services and strong advocacy without the generous support of people just like you. Here are a few stories highlighting the difference your contributions can make!



### Group Remote Support Sessions

"Thank you for posting these Zoom activities. I have one parent that goes out of his way to tell me how valuable this is."  
- Plymouth School Department



### Group Karaoke

"You are doing a great job with your activities. We can't wait to participate in the Karaoke soon!" - Dylan, Father

### Build & Grow - Virtual Support

While brainstorming ideas for hands-on activities for a gentleman with limited verbal communication skills to participate in, this young man, with assistance from his mother, decided that building a small birdhouse would be a worthwhile project. Using funds our General Fund, each purchased a "Build and Grow" birdhouse kit at Lowe's. Step-by-step, Erik and our Arc team member each built their own birdhouses.

### Starting Over

A family that we provide support to fell victim to a fire that destroyed all of their belongings. A single mother and two young elementary school students had to start fresh and rebuild their lives. With the help of a few other community organizations, we were able to band together to assist the family during their time of need, at the height of the COVID-19 pandemic. The family was provided with new furniture, food essentials, and supplies for the home.

### Crafts N' Creations

"My gang is really enjoying all of the virtual activities. Your dedication comes shining through!" - Karen, Mother

*Hurray!*



Erik and his birdhouse

## Developing Confidence

For Jason, our services provided an opportunity to blossom in ways never imagined. Having difficulty hearing has made it challenging to interact with peers. He was very adverse to trying new activities or putting himself in situations that would require personal contact or interaction. He heard about different events The Arc was hosting and slowly started to show interest. He attended a series of cooking classes with "For Goodness Cakes," and truly enjoyed the process of identifying ingredients, measuring, and seeing the end result. He also began socializing with his peers during these events and returned for each session. Eventually, he signed up for craft classes. He found that working on a project, alongside his peers, was incredibly fulfilling; not only to build new skills and explore new interests, but to build connection with his peers. His self-confidence has increased and his initiative to make new friends is evident!



## Friendship and Food

"96% of the units in our complex are considered extremely low income by Federal and State guidelines. 47.5% of the units has either an elderly or disabled person in the household. The support the Arc has provided is immeasurable. The bi-monthly food pantry held in the Community Center is a friendly, engaging shopping experience for the residents. I was told on more than one occasion they loved talking to Arc staff and that friendships and camaraderie was formed. They felt as though they were respected, and they had choices. For some it is hard to come to a food pantry looking at it as a "hand out," but with the Arc program it was seeing friends, exchanging recipes and at the same time receiving nutritious food assistance."

- Director of Resident Services at a local housing complex

## Virtual Cooking Sessions

Andrew really enjoys virtually cooking with Arc staff. Using Facetime, our team member and Andrew brainstorm what they'd like to make and discuss the necessary ingredients to add to their grocery list. They then prepare the recipe together via Facetime, proudly displaying their progress and discussing the steps!



# Ways to Support The Arc of Plymouth and Upper Cape Cod



In 2019, The Arc of Plymouth and Upper Cape Cod provided support in various capacities to roughly 1,000 people. That number will increase for 2020. With the help of contributions such as yours, our goal is to increase the number of individuals and families supported each year.

## Donate

Donations help our organization in so many ways, including:

- Purchasing items to utilize during virtual learning sessions (craft kits, ingredients for cooking instruction)
- Purchasing personal protective equipment to keep the people we serve and our staff safe and healthy (masks, gloves, gowns)
- Purchasing groceries and other necessary household goods for families we serve that are experiencing financial hardship
- Purchasing technology for staff and people we serve to allow for virtual learning sessions (iPads, iPhones)

## Share & Advocate

By sharing content such as events, fundraisers, and news on your social media, you're helping us spread the word! Thank you!

## Visit Us to Donate or Share Website

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

### Facebook

[www.Facebook.com/PlymouthCapeArc](http://www.Facebook.com/PlymouthCapeArc)

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